

Where to Find Information, Resources and Breastfeeding Support

Resources for Employees



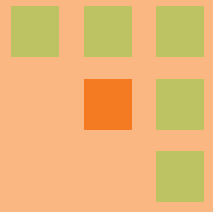
Federal and State Laws Requiring Workplace Support for Breastfeeding

- **The U.S. Department of Labor's Fact Sheet #73** and FAQs outline the employer requirement to provide time and space for nursing mothers as stated in the Patient Protection and Affordable Care Act. The fact sheet explains the general requirements, time and location of breaks and coverage and compensation issues. It is online at <http://www.dol.gov/whd/regs/compliance/whdfs73.htm>.
- Additional information on the federal law is available at the U.S. Department of Labor's Wage and Hour Division website: <http://www.wagehour.dol.gov> and from the toll-free information and helpline, available 8 a.m. to 5 p.m. in your time zone: 1-866-4USWAGE (1-866-487-9243).
- **The National Conference of State Legislatures** maintains a website to summarize current federal and state law regarding breastfeeding in the workplace and in public. Federal requirements in Section 4207 do not preempt state laws that provide greater protections to employees. <http://www.ncsl.org/default.aspx?tabid=14389>.

Finding Help to Succeed in Breastfeeding

Don't hesitate to ask for help if you have questions about breastfeeding! You can find answers and assistance to nurse your baby from many sources:

- **Primary care doctors and pediatricians** can help you learn to breastfeed and connect you to other sources of support in your community.
- **International Board Certified Lactation Consultants (IBCLCs)** are professional health workers trained to help new families successfully breastfeed. You can find a lactation consultant near you through your local hospital, doctor's office or the International Lactation Consultant Association at <http://www.ilca.org/i4a/pages/index.cfm?pageid=1>. Your primary care doctor may also have a lactation consultant on staff.
- **National Women's Health Information Center (NWHIC)** offers a breastfeeding helpline and web site: 1-800-994-9662; TDD 1-888-220-5446 (9 a.m. – 6 p.m., Monday through Friday, EST). NWHIC web site: www.womenshealth.gov/breastfeeding.
- **La Leche League** leaders accredited by La Leche League International are volunteers who provide one-on-one help to breastfeeding mothers on the phone or at monthly group meetings. Find out more online: www.llli.org/nb.html.

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- **Women, Infants and Children (WIC)**, the federal government's Special Supplemental Nutrition Program, helps safeguard the health of low-income women, infants and children up to age 5 who are at nutrition risk. The WIC program provides nutritious foods, information on healthy eating and breastfeeding, and referrals to healthcare. In addition:
 - WIC offers breastfeeding counseling, including peer counselors.
 - Mothers who exclusively breastfeed receive an enhanced food package.
 - Breastfeeding mothers can receive breast pumps and other supplies to help start and continue breastfeeding.

Employees can find out if they are eligible for WIC by contacting their state or local WIC agency. Contact information is available online at: www.fns.usda.gov/wic/howtoapply/default.htm.

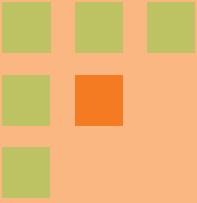
- **Strong Moms' Feeding Expert Hotline:** Access expert feeding advice from nurses, dietitians and lactation consultants 24/7 for personalized one-on-one support over the phone. Call: 1-800-986-8800, or visit: <https://similac.com/feeding-nutrition/baby-feeding-expert>
- **Baby-Friendly USA, Inc.** implements the Baby-Friendly Hospital Initiative (BFHI) in the United States. BFHI is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding. The BFHI assists hospitals in giving mothers the information, confidence and skills needed to successfully breastfeed their babies or feed them formula safely. See a list of 100 Baby-Friendly hospitals and birthing centers in the United States at: www.babyfriendlyusa.org/eng/03.html.

Educational Materials and Resources

- "An Easy Guide to Breastfeeding" provides information and encouragement to women on breastfeeding. It explains the benefits and also lists frequently asked questions and answers about breastfeeding and returning to work. The guide is available for download in English, Spanish and Mandarin: <http://www.womenshealth.gov/pub/bf.cfm>.
- "Starting to Breastfeed" is a booklet filled with guidelines, photos, and educational resources to help introduce new mothers to breastfeeding. Breastfeeding tips and techniques are also available as a supplement to this booklet **in 21 different languages** at: <https://abbottnutrition.com/breastfeeding>.
- "Your Baby Guide" features online videos with breastfeeding instructions, tips and techniques. <http://newbornbabycaretips.org/baby-videos/breastfeeding-tips/>.
- **MyPyramid.gov** offers advice on nutrition to help moms and babies stay healthy when breastfeeding. <http://www.mypyramid.gov/mypyramidmoms>.

More Resources

- **Text4baby:** A free text messaging and information service to help improve maternal and child health, an educational program of the National Healthy Mothers, Health Babies Coalition. Text BABY to 511411 to receive free text messages offering health information for the first year of your baby's life.
- **Breastfeeding in Combat Boots: A Survival Guide to Breastfeeding While Serving in the Military,** blog: www.breastfeedingincombatboots.com.
- **Secrets of Baby Behavior,** blog: <http://www.secretsofbabybehavior.com>.
- **Corporate Voices for Working Families Blog:** <http://corporatevoices.org/family-economic-stability-blog-posts>
- "Nursing Mother, Working Mother: The Essential Guide to Breastfeeding Your Baby Before and After You Return to Work," <http://www.nursingmotherscompanion.com/nursing-mother-working-mother>.

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- **“The Milk Memos,”** <http://www.milkmemos.com>.
 - **Work and Pump.com:** <http://www.workandpump.com>.

Leading Manufacturers of Breast Pumps and Accessories

- Ameda: www.ameda.com.
- Avent: www.avent.com.
- Baily: www.baileymed.com.
- Limerick, Inc.: www.limerickinc.com.
- Medela: www.medela.com.
- Whisper Wear: www.whisperwear.com.
- Whittlestone: www.whittlestone.com.