

Where to Find Information and Help for Breastfeeding Mothers

Resources for Health Professionals



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>

Health Care and Lactation Professionals

- **The American Academy of Pediatrics** maintains the Breastfeeding Initiatives website to assist health professionals and advocates protect, promote, and support breastfeeding. The site provides information about AAP breastfeeding recommendations, advocacy materials, and resources: <http://www.aap.org/breastfeeding/>
- **The Academy of Breastfeeding Medicine** unites various medical specialties in common purpose of protecting and supporting human lactation through physician education, research in breastfeeding science, and facilitation of optimal breastfeeding practices. <http://www.bfmed.org/>
- **International Board Certified Lactation Consultants (IBCLCs)** are professional health workers trained to help new families successfully breastfeed. IBCLCs can be located through the International Lactation Consultant Association at <http://www.ilca.org/i4a/pages/index.cfm?pageid=1>

Support for Working, Nursing Mothers

- **Corporate Voices for Working Families** offers a comprehensive online toolkit to help employers set up workplace lactation programs and practices and comply with federal law. Visit the toolkit online to access advocacy tools, templates and information you can use to communicate the business and health benefits of breastfeeding to employers and nursing mothers in your community: www.corporatevoices.org/lactation