



Workplaces Improving Nursing Support

Resources for Workplace Lactation Support

Webinar Presenter:

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Webinar Sponsor:

Center for Health Equity, Education and Research (CHEER)

<https://cheerequity.org/>

Mississippi Resources

- CHEER Equity worksite resources and TOOLKIT: <https://cheerequity.org/resources/breastfeeding-baby-friendly-resources/workplace-resources/>
- CHEER free archived webinars : <https://cheerequity.org/resources/breastfeeding-baby-friendly-resources/>
- Mississippi Breastfeeding Coalition: <https://www.msbfc.org>
- Mississippi State Department of Health WIC Program: <https://msdh.ms.gov/page/41,0,128.html>

U.S. Department of Labor/Wage and Hour Division

- FLSA Protections to Pump at Work: <https://www.dol.gov/agencies/whd/pump-at-work>
- Fact Sheet #73 - FLSA Protections for Employees to Pump Breast Milk at Work: <https://www.dol.gov/agencies/whd/fact-sheets/73-flsa-break-time-nursing-mothers>
- Frequently Asked Questions - Pumping Breastmilk at Work: <https://www.dol.gov/agencies/whd/nursing-mothers/faq>

Other Related Laws

- EEOC - *Pregnant Workers Fairness Act* - [https://www.eeoc.gov/wysk/what-you-should-know-about-pregnant-workers-fairness-act#:~:text=The%20Pregnant%20Workers%20Fairness%20Act%20\(PWFA\)%20is%20a%20new%20law,employer%20an%20%E2%80%9Cundue%20hardship.%E2%80%9D](https://www.eeoc.gov/wysk/what-you-should-know-about-pregnant-workers-fairness-act#:~:text=The%20Pregnant%20Workers%20Fairness%20Act%20(PWFA)%20is%20a%20new%20law,employer%20an%20%E2%80%9Cundue%20hardship.%E2%80%9D)
- A Better Balance - *Pregnant Workers Fairness Act* - <https://www.abetterbalance.org/resources/pregnant-workers-fairness-act-explainer/>

- National Conference of State Legislatures - *Breastfeeding State Laws* - <https://www.ncsl.org/health/breastfeeding-state-laws>
- U.S. Breastfeeding Committee - *FAM (Friendly Airports for Mothers) Act* - <https://www.usbreastfeeding.org/breastfeeding-traveler-information.html>

Resources for Employers

- Business Case for Breastfeeding: <https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case>
- Center for Work Life Law - *PUMP Act Explained* - <https://worklifelaw.org/wp-content/uploads/2023/01/PUMP-Act-Explainer.pdf>
- HHS Office on Women’s Health - *Employer Solutions* VIDEOS and Industry Solution Sheets - <https://www.womenshealth.gov/supporting-nursing-moms-work/resources>
- HHS Office on Women’s Health - *Supporting Nursing Moms at Work* - <https://www.womenshealth.gov/supporting-nursing-moms-work>
- International Breastfeeding Symbol - <https://universalbreastfeedingsymbol.com/>
- Surgeon General’s *Call to Action to Support Breastfeeding* - <https://www.cdc.gov/breastfeeding/resources/calltoaction.htm>
- United States Breastfeeding Committee - *Online Workplace Guide* - <https://www.usbreastfeeding.org/workplace-law-guide.html>
- United States Breastfeeding Committee - *PUMP Act* - <https://www.usbreastfeeding.org/pump-act.html#:~:text=%E2%80%8BThe%20PUMP%20for%20Nursing,workers%2C%20including%20teachers%20and%20nurses>

Resources for Employees

- A Better Balance - knowing your rights under the PUMP Act and the Pregnant Workers Fairness Act - <https://www.abetterbalance.org/know-your-rights/>
- A Better Balance - Resources for Talking with Your Boss - <https://www.abetterbalance.org/resources/state-laws-for-nursing-mothers-at-work/>
- Center for Work Life Law’s *Free* Legal Hotline - <https://pregnantatwork.org/gethelp/>
 - Email: hotline@worklifelaw.org
 - Phone: (415) 703-8276
- Find a Lactation Consultant (International Lactation Consultant Association) - https://portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=19&pageID=4356
- Ohio Department of Health Worksite Resources for Employees - <https://odh.ohio.gov/know-our-programs/breastfeeding/worksites> (including sample letter from healthcare providers (<https://odh.ohio.gov/know-our-programs/women-infants-children/media/lactation-support-outreach-guide>) *My Lactation and WORK Plan*, *Return to Work Checklist*, and other resources)
- USDA Food and Nutrition Service - *Breastfed Babies Welcome Here* - <https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>
- USDA and CDC - *Human Milk Storage Guidelines* - https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm