



I Want to Breastfeed, But I'm Going Back to Work...

Can I work and breastfeed?

- You CAN breastfeed when you go back to work, it just takes planning.
- Indiana has a ***Lactation Support in the Workplace Law (SEA 219)***.
- The law says state and government offices, and employers with more than 25 employees, must try to provide a private space and cold storage for employees who pump their breast milk.

I'm not sure my employer knows about the law. How do I find out?

- Ask! The best time to ask is during your pregnancy or a few weeks before coming back to work.
- Many employers know about the law, so talking to your supervisor may be easier than you think.
- Ask your employer to call the Indiana Perinatal Network at 866-338-0825 with questions.

Will this help my workplace?

- Breastfeeding employees may use less sick time, have lower health care costs and better feelings about their company.
- A lactation support policy saves companies money.
- ***It's healthy for babies, healthy for employees, and healthy for businesses!***



Why is it better to keep giving my baby breast milk when I go back to work?

- The longer you breastfeed, the healthier it is for you and your baby.
- Breastfed babies have lower rates of obesity, ear infections, diabetes, and Sudden Infant Death Syndrome. A lactating mom has less risk of some cancers, bone loss, and diabetes.
- Breast milk is the only food babies need for the first 6 months.
- Breast milk is free, which saves you money!

What should I do before I go back to work?

- A few weeks before going back to work, ask your supervisor or human resource manager to help find a private area to pump your milk.
- Talk with your supervisor about when you can pump while you are at work. Most of the time, pumping can be done during meal and break times (most women pump every 3-4 hours).
- Decide where to store your pumped milk. The milk needs to be stored in either a refrigerator or a portable cooler with ice packs.

What supplies will I need to pump my milk at work?

- Breast pump and matching kit (electric or hand held)
- Small portable cooler for taking milk home or to day care

Where can I get a breast pump?

- You can buy or rent a pump at most hospitals or stores that sell baby supplies.
- If you are on WIC, talk to your local WIC office.
- Some insurance plans cover the cost of a breast pump and supplies.

Where can I get help?

- Help is all around! Ask your doctor, nurse, childbirth educator, lactation consultant, WIC office, or La Leche League.
- Contact the Indiana Perinatal Network with any questions.
Call 1.866.338.0825 or email ipn@indianaperinatal.org.

