

Know Your Breastfeeding Rights

Lactation Accommodation for Lactating Parents

The Surgeon General has called on all sectors of the community, including employers, to protect, promote and support breastfeeding. Breastfeeding is the first step to a healthy life. Legal protections exist in order to help mothers breastfeed longer.

Going back to work does not mean you have to stop breastfeeding. Below are the legal rights you have as a breastfeeding employee in California:

- ◆ It is unlawful for an employer to discriminate against someone who is breastfeeding. (Government Code 12926)
- ◆ Employees must receive a reasonable amount of break time to express milk. This break time can be part of the regularly established work breaks. (Labor Code Sections 1030-1033)
- ◆ Employees should be provided with a private space to pump that is near their workstation. A toilet stall is not an acceptable place to pump. (Labor Code Sections 1030-1033)
- ◆ In addition to these state law protections, federal law also protects the rights of breastfeeding employees. (Federal Fair Labor Standards Act 29 U.S.C. 207 § 7(r))



Talk to your employer:

- ◆ Make sure you talk to your employer about maternity leave and workplace support.
- ◆ This includes talking to your employer about your need for lactation accommodation so that you can continue to breastfeed once you return to work.
- ◆ You should also talk to your healthcare provider or WIC about breastfeeding support and getting a breast pump.

Additional Resources

U.S. Department of Labor

<https://www.dol.gov/whd/america2.htm#California>

**visit website for regional office phone numbers*

File a complaint: 1-866-487-9243

California Breastfeeding Coalition

californiabreastfeeding.org

(831) 917-8939

California WIC Association

calwic.org

(916) 572-0700

California Department of Public Health

cdph.ca.gov/breastfeeding



Note: All lactating individuals need lactation accommodation and support, not just those identifying themselves as breastfeeding mothers.