

# **Breastfeeding and Back to Work**

### **Jamilah Ellis, Breastfeeding Educator**

Going back to work is definitely a factor in a woman's decision to breastfeed. A lot of people think once you go back to work that you immediately have to stop breastfeeding, and there are a lot of options for moms who are returning to work who want to breastfeed, and the one thing that it takes is planning. In a lot of areas there are laws that protect moms who are returning to work who want to breastfeed. A lot of workplaces provide a time and a place for you to express breast milk.

### **Letisha**

I had found a new job and I was very upfront about that I was a breastfeeding mom and that I would need a place to pump. It didn't matter where I was, you know, I would post up a little sign saying, "Do not disturb, pumping," and I would just go into any empty office. I found that the only place that had a lock was actually a broom closet, a utility closet, and I would pump in there. It was clean, because I refuse to pump in a bathroom.

### **Jamilah Ellis, Breastfeeding Educator**

Speak to your supervisor and let them know what your needs are and help, you know, kind of go in with a plan, you know? If I take three 20-minute breaks instead of an hour for lunch, you know, can we do it that way? Or, you know, kind of come in with some plans and kind of that way they can, you know, get on board with you and not have to help you figure it all out.