

## BREASTFEED YOUR BABY AND WORK??



## NOW IT'S EASIER!!

As of January 1, 2002, employers are required to:

- ♥ Provide breastfeeding employees a reasonable amount of break time to express your breastmilk for your child.\* If possible, the break time should coincide with your paid break time. If not, the break time need not be paid.
- ♥ Make a reasonable effort to provide the use of a private room or other space, other than a toilet stall, close to your work area, for expressing milk.

\*Exemption: An employer is not required to provide additional break time if to do so would seriously disrupt the operations of the employer.

**If you are pregnant or breastfeeding, please contact your supervisor to discuss arrangements that can be made for you.**

- ♥ Go to [www.wicworks.ca.gov](http://www.wicworks.ca.gov) for information on the law, breastfeeding, and working and pumping.

*Breastfeeding... the gift that lasts a lifetime*