



World Breastfeeding Week 2018 - Sample Social Media Posts

Facebook Posts	Twitter	Suggested Image
<p>Pregnant? New mom? Did you know that WIC provides support and information about breastfeeding your baby? Learn more about your baby's nutritional needs at WIC. Sign up today. #WBW2018 https://m.wic.ca.gov/</p> <p>¿Está embarazada? ¿Es usted una nueva madre? Sabía que WIC provee apoyo e información acerca de amamantar a su bebé? Aprenda más sobre las necesidades nutritivas de su bebé en WIC. Regístrese hoy. #WBW2018 https://m.wic.ca.gov/</p>	<p>Pregnant? New mom? Did you know that #WIC provides support and information about #breastfeeding your baby? Learn more about your baby's nutritional needs at WIC. Sign up today. #WBW2018 https://m.wic.ca.gov/</p> <p>¿Está embarazada? ¿Es usted una nueva madre? Sabía que WIC provee apoyo e información acerca de amamantar a su bebé? Aprenda más sobre las necesidades nutritivas de su bebé en WIC. Regístrese hoy. #WBW2018 https://m.wic.ca.gov/</p>	



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<p>It's World Breastfeeding Week! #Breastmilk is the foundation of life, containing essential nutrients for babies to give them a healthy start. For more information on baby and infant nutrition, head over to the MCAH website. #WBW2018 http://bit.ly/2FzZkOC</p> <p>¡Es la Semana Mundial de la Lactancia Materna! La lactancia materna es la base de la vida y contiene nutrientes esenciales para que los bebés tengan un comienzo saludable. Para obtener más información sobre la nutrición infantil, diríjase al sitio web de MCAH. # WBW2018 http://bit.ly/2FzZkOC</p>	<p>#Breastmilk is the foundation of life, containing essential nutrients for babies to give them a healthy start. For more baby and infant nutrition information, head over to the MCAH website. #WBW2018 http://bit.ly/2FzZkOC</p> <p>La lactancia materna es la base de la vida y contiene nutrientes esenciales para que los bebés tengan un comienzo saludable. Para obtener más información sobre la nutrición infantil, diríjase al sitio web de MCAH. #WBW2018 http://bit.ly/2FzZkOC</p>	<p>Campaign image</p>  <h2 data-bbox="1136 634 1780 781">World Breastfeeding Awareness Week</h2> <p data-bbox="1136 808 1766 834">Maternal, Child and Adolescent Health Division</p> 











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<p>Our Maternal, Child and Adolescent Health Division offers an array of breastfeeding resources and toolkits, including an infant feeding guide: http://bit.ly/2FzZkOC #WBW2018 #Breastfeeding</p> <p>Nuestra División de Salud Materna, Infantil y Adolescente ofrece una variedad de recursos de lactancia materna y una serie de herramientas, incluyendo una guía de alimentación infantil: http://bit.ly/2FzZkOC</p>	<p>Our Maternal, Child and Adolescent Health Division offers an array of breastfeeding resources and toolkits, including an infant feeding guide: http://bit.ly/2FzZkOC #WBW2018 #Breastfeeding</p> <p>Nuestra División de Salud Materna, Infantil y Adolescente ofrece una variedad de recursos de lactancia materna y una serie de herramientas, incluyendo una guía de alimentación infantil: http://bit.ly/2FzZkOC</p>	<p>Campaign image</p>  <p>World Breastfeeding Awareness Week</p> <p>Maternal, Child and Adolescent Health Division</p> 


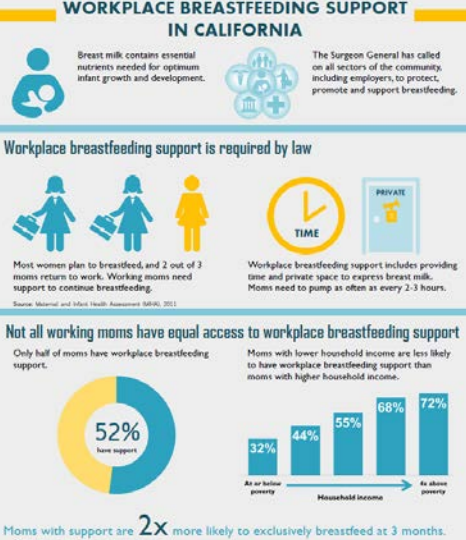


Maternal, Child and Adolescent Health Division
Communications and Outreach Unit

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<p>#Breastfeeding is the foundation of life. Breastmilk is perfectly designed to meet your baby’s nutritional needs. #WBW2018 #Breastfeeding http://bit.ly/2FzZkOC</p> <p>La lactancia materna es la base de la vida. La leche materna está perfectamente diseñada para satisfacer las necesidades nutritivas de su bebé. #WBW2018 http://bit.ly/2FzZkOC</p>	<p>#Breastfeeding is the foundation of life. Breastmilk is perfectly designed to meet your baby’s nutritional needs. #WBW2018 #Breastfeeding http://bit.ly/2FzZkOC</p> <p>La lactancia materna es la base de la vida. La leche materna está perfectamente diseñada para satisfacer las necesidades nutritivas de su bebé. #WBW2018 http://bit.ly/2FzZkOC</p>	<p>California Infant Feeding Guide Image</p>  



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<p>Working mom? In honor of World Breastfeeding Week, CDPH wants you to know your #breastfeeding rights in the workplace. #WBW2018 #lactationaccommodation https://bit.ly/2INM51h</p> <p>¿Es usted una mamá que trabaja? En honor a la Semana Mundial de Amamantar, CDPH quiere que sepa sus #derechos de amamantamiento en el lugar laboral. #WBW2018 #acomodacióndelactación https://bit.ly/2INM51h</p>	<p>Working mom? In honor of World Breastfeeding Week, CDPH wants you to know your #breastfeeding rights in the workplace. #WBW2018 #lactationaccommodation https://bit.ly/2INM51h</p> <p>¿Es usted una mamá que trabaja? En honor a la Semana Mundial de Amamantar, CDPH quiere que sepa sus #derechos de amamantamiento en el lugar laboral. #WBW2018 #acomodacióndelactación https://bit.ly/2INM51h</p>	<p>Know Your Breastfeeding Rights Handout</p>  <p>Know Your Breastfeeding Rights Lactation Accommodation for Lactating Parents</p> <p>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:</p> <ul style="list-style-type: none"> 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(i)) <p>Talk to your employer:</p> <ul style="list-style-type: none"> Make sure to 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. <p>If you have questions about your rights, or would like to file a complaint, please contact the U.S. Department of Labor Office 1-866-487-9243.</p> <p>Additional Resources</p> <table border="0"> <tr> <td>U.S. Department of Labor https://www.dol.gov/federalism/2.html#california *Visit website for regional office phone numbers</td> <td>California WIC Association calawic.org (916) 572-0700</td> </tr> <tr> <td>California Breastfeeding Coalition californiabreastfeeding.org (832) 923-8009</td> <td>California Department of Public Health cdph.ca.gov/breastfeeding </td> </tr> </table>	U.S. Department of Labor https://www.dol.gov/federalism/2.html#california *Visit website for regional office phone numbers	California WIC Association calawic.org (916) 572-0700	California Breastfeeding Coalition californiabreastfeeding.org (832) 923-8009	California Department of Public Health cdph.ca.gov/breastfeeding 
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