

Supporting Your Co-Workers

“Whether you’re a clinician, a family member, a friend, or an employer, you can play an important part in helping mothers who want to breastfeed.”

General Regina M. Benjamin, MD, MBQ, 18th Surgeon General of the United States Public Health Service

To create a supportive atmosphere:

- Congratulate the employed mother who has returned to work
- Read the County of Glenn Lactation Accommodation Policy
- Respect the privacy of the area designated for expressing milk
- Share this pamphlet with co-workers



Resources for Nursing Mothers

- U.S. Dept. of Health and Human Services, Office of Women’s Health
- La Leche League
- Office of Women’s Health’s National Breastfeeding Hotline; 1-800-994-9662
- The American Academy of Pediatrics New Mother’s Guide to Breastfeeding
- The Women, Infants, and Children Program
- USDA Breastfeeding Support
- Academy of Pediatrics: healthychildren.org

It is the policy of the County of Glenn to strongly support and encourage the practice of breastfeeding by striving to accommodate the needs of employees, and by ensuring that employees are provided with adequate facilities for the expressing of milk for their children.



Working and Breastfeeding!



It Can Work!



County of Glenn
Personnel Department



Breastfeeding is Important!

- Babies who breastfeed get sick less often
- Babies who breastfeed have a lower risk for diabetes, obesity, and cancer later in life
- Mothers who breastfeed have a lower risk for breast and ovarian cancer
- Families of breastfeeding babies save money
- Families of breastfeeding babies miss fewer days of work

The County of Glenn Supports Breastfeeding!

California State Labor Code 1030-1033 protects your right to pump breastmilk while at work.

Your employer must provide you with a clean space (not a bathroom) and break time to pump.

The County of Glenn understands the importance of supporting employed mothers to continue breastfeeding after they return to work. The County is committed to create a work environment, which encourages all mothers to breastfeed.

Employees who are supported to pump:

- Have fewer sick days
- Are more productive and loyal
- Have lower health care costs for mother and baby

The County of Glenn adopted a Lactation Accommodation Policy to ensure that all mothers get the support they need to continue breastfeeding once they return to work. The contents of this policy can be found on the County of Glenn Personnel Department website.

What Do I Do?

Talk to your direct supervisor, department head, or Personnel.

- Before the birth of your baby
- Before you return to work

Discuss with your supervisor:

Where you can pump:

- Private room
- Shielded from view
- Close proximity
- Access to a refrigerator
- Electrical outlet
- Running water
- Not a restroom

What if pumping takes more than your break time?

You are allowed to take the time you need. If you need more time than your scheduled work break, discuss alternatives with your supervisor. These may include adjusting your work schedule or using accrued time off.

For questions about the County of Glenn Lactation Accommodation Policy, contact the Personnel Department.