



RESOURCES FOR WORKSITE LACTATION

For employers developing a support program and employees combining work and breastfeeding

For Employees

- Breastmilkcounts.com
<http://www.breastmilkcounts.com/working-moms.html>
DSHS Texas WIC website with information for breastfeeding mothers (and those who support them)
- Surgeon General's Call to Action to Support Breastfeeding
U.S. Surgeon General
<http://www.surgeongeneral.gov/library/calls/breastfeeding/index.html>
- Breastfeeding and Healthy Living: Going Back to Work or School (List of Resources)
California Department of Public Health
<http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/GoingBacktoWorkorSchool.aspx>
- Pumping and Milk Storage
Office on Women's Health
<http://www.womenshealth.gov/breastfeeding/pumping-and-milk-storage/>
- Working and Pumping Tips
Kellymom.com
<http://www.kellymom.com/bf/pumping/bf-links-pumping.html>
- Working and Breastfeeding
La Leche League
<http://www.llli.org/nb/nbworking.html>
- Breastfeeding and Working
WorkandPump.com: Information and resources about working and breastfeeding from a working mom
<http://www.workandpump.com/>

- What Moms Need for Successful Breastfeeding and Return to Work
University of Michigan–Women’s Health
<http://www.med.umich.edu/whp/information/breast-feeding-return-to-work.htm>
- Working and Breastfeeding–It’s Worth It
Breastfeeding Coalition of Washington
http://www.breastfeedingwa.org/working_packet

Resources from Other Countries

- Returning to College or Work
National Health Services–United Kingdom
<http://www.nhs.uk/Planners/breastfeeding/Pages/return-to-work.aspx>
- Breastfeeding and Work
Health Services Executive–Ireland
<http://www.healthpromotion.ie/hp-files/docs/HPMO0365.pdf>
- Checklist for Employees Planning to Combine Work and Breastfeeding
Queensland Government–Australia
<http://www.health.qld.gov.au/breastfeeding/documents/checklist.pdf>
- Breastfeeding and Work
Australian Breastfeeding Association:
<https://www.breastfeeding.asn.au/bf-info/breastfeeding-and-work>

For Employers

- Texas Mother-Friendly Worksite Program
<http://www.TexasMotherFriendly.org>
- Healthier Worksite Initiative–Lactation Support Program CDC
<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/lactation/index.htm>
- Investing in Workplace Breastfeeding Programs and Policies: An Employer’s Toolkit
National Business Group on Health
<http://www.wbgh.org/benefitstopics/breastfeeding.cfm>
- Breastfeeding in the Workplace-Topic List
National Business Group on Health
<http://www.businessgrouphealth.org/benefitstopics/topics/O093.cfm?topic=O093&desc=Breastfeeding%20in%20the%20Workplace>



- Business Case for Breastfeeding
U.S. Department of Health and Human Services
<http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/index.cfm>
- Breastfeeding and Healthy Living: Going Back to Work or School (List of Resources)
California Department of Public Health
<http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/GoingBacktoWorkorSchool.aspx>
- Establishing a Nursing Mother's Program
U.S. Office of Personnel Management
http://www.opm.gov/Employment_and_Benefits/WorkLife/OfficialDocuments/HandbooksGuides/Nursing/index.asp
- Better Health for Mothers and Children: Breastfeeding Accommodations Under the Affordable Care Act
Institute for Women's Policy Research
<http://www.iwpr.org/publications/pubs/better-health-for-mothers-and-children-breastfeeding-accommodations-under-the-affordable-care-act>
- Society for Human Resource Management
Examining employee benefits in a fiscally challenging economy
<http://www.shrm.org/Research/SurveyFindings/Articles/Pages/2011EmployeeBenefitsSurveyFindings.aspx>

Resources for Hospitals

- Mother-Friendly Workplace Strategies & Solutions: A Workplace Policy Assessment Tool for Hospital Leaders
Rozalynn Goodwin, The Motherhood Priority, and the South Carolina Hospital Association
<http://www.rozalynngoodwin.com/home/>
- Resource for Child-Care Centers: Ten Steps to Breastfeeding Friendly Child Care Centers Resource Kit
Wisconsin Nutrition, Physical Activity and Obesity Program
<http://www.dhs.wisconsin.gov/health/physicalactivity/>

International Resources

- Breastfeeding-Friendly Workplaces
New Zealand Ministry of Health
<http://www.health.govt.nz/our-work/life-stages/maternity-and-breastfeeding/breastfeeding/breastfeeding-friendly-workplaces>
- Guide for Employers
New Zealand Department of Labor
<http://www.dol.govt.nz/er/holidaysandleave/parentalleave/infantfeeding/breastfeeding.pdf>
Includes communication tips for managers to communicate about lactation breaks with their employees.
- Creating a Breastfeeding-Friendly Workplace
Ontario Public Health Association
http://www.opha.on.ca/our_voice/workgroups/breastfeeding.shtml
- Creating a Mother-Friendly Workplace—Merging Job Requirements with Employee Needs
Project Health—Canada
<http://www.projecthealth.ca/e-bulletins/creating-mother-friendly-workplace-%E2%80%93-merging-job-requirements-employee-needs>