

Breastfeeding Tip



Talk to WIC or a lactation consultant to learn more!



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Federal laws support pumping at work and school.

for working parents -

Federal law (*the PUMP Act*) requires most employers to provide:

- **a private space** to express milk that is not a bathroom
- **reasonable time** to express milk at work.
This can be paid breaks or unpaid time.

Some states have breastfeeding laws that give you more rights.

for parents going to school -

Federal law (*Title IX*) requires schools to provide pregnant and postpartum students with:

- **reasonable academic adjustments**
- **a clean, private space** to pump milk or breastfeed that is not a bathroom

Your advisor is required to help you contact the school's Title IX Coordinator.

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