



Working Mothers

<http://www.pedsalex.com/breastfeeding.php>

The value of breastfeeding for women and children is known. On March 23, 2010, President Barack Obama signed the Patient Protection and Affordable Care Act (PPACA). The PPACA recognizes the collective significance of breastfeeding and women in the workforce. **Section 4207** stipulates provision in health care reform for working, breastfeeding women. Employers shall provide a private, non-bathroom place for mothers to express breast milk up to one year after the child's birth.

Before President Obama signed the PPACA, states still lacked reasonable law to ensure a mother's right to pump her breast milk safely and discretely in her workplace. Currently, only 17% of mothers continue breastfeeding exclusively for the recommended first six months of life. Now that women comprise half of the workforce, the largest portion (70%) being mothers with children under the age of three, they are the primary breadwinners in 4 out of 10 American families.

Knowing that returning to work soon after birth is a major barrier to successful breastfeeding, it is essential to have existing workplace policy that facilitates mothers' success with and desire to breastfeed.

Working women have additional barriers to successful breastfeeding due to the demanding balance of pumping and paid work. Maintenance of a working mother's milk supply is dependent upon the frequency of pumping, therefore work breaks for pumping are essential.

The benefit to employers is resounding: productivity is higher in women who are effectively supported at work; employers incur lower healthcare costs and enhanced public image; employees are more satisfied and loyal, less likely to leave and less likely to be absent from work. The number of women in the workforce has increased in recent years, and federal and state policy should reflect that. Bolstered support for breastfeeding mothers would not only increase the chance of breastfeeding success, but decrease the number of women in the workforce who would otherwise reduce work hours, take longer maternity leave, switch jobs to more family-friendly work, or quit altogether in order to breastfeed.

How much to leave with baby

- Every baby is different
- Start with 2 ounce bottles – titrate up as tolerated if baby seems hungrier
- Ensure your daycare provider is allowing baby to feed until content and not encouraging to finish bottle if not wanting to

Pumps

- For more specific information on pumping, ([click here](#))
- Medela Pump-In-Style ([click here](#))
- Ameda Purely Yours ([click here](#))
- For other pump styles and product reviews, ([click here](#))

Maintaining or Increasing Milk Supply

- Keep hydrated
- Minimize stress
- Pump as often as your baby feeds
- Consider known galactagogues: Fenugreek, Domperidone (prescription only)