

Need to Know...



Under the Affordable Care Act, a no-cost pump can be provided to you by your insurance company. Contact your insurer or WIC for more details.



Take a breastfeeding class before you give birth so you are prepared to learn this new skill. Seek support early and often to help you meet your goals.



Your legal rights:

1) You may breastfeed in public, it is against the law to be asked to cover.

2) You may breastfeed or pump milk at work, during break time in a private, clean space that is not a bathroom.

3) You may be able to delay jury duty or ask for accommodations to pump while serving as a juror.



Make a plan with your employer for your pumping needs before returning to work. Early planning can help the transition back.

Look for...



Shops & businesses displaying this window sticker proudly support your right to feed anytime, anywhere.



CERTIFICATE OF RECOGNITION

We award employers who commit to supporting their breastfeeding employees, find one at breastfeedingct.org/employment



It's Worth It is a campaign to support breastfeeding and the Baby-Friendly Hospital Initiative through education & empowerment. Share your story or find helpful videos at itsworthitct.org



This was produced by the Connecticut Breastfeeding Coalition, 2017. For more info visit us at breastfeedingct.org or on Face Book @[breastfeedingct](https://www.facebook.com/breastfeedingct)

Connecticut Breastfeeding Resource Guide



State & National Resources

Black Mothers Breastfeeding Association (BMBFA)

A valuable resource for ongoing support to black families and to reduce racial inequities in breastfeeding support.

blackmothersbreastfeeding.org

Office of Women's Health

Info on all aspects of breastfeeding and how to overcome problems.

Available in Spanish. Link to It's Only Natural, guide for African American mothers. **womenshealth** or **800-994-9662** Mon-Fri.

Safe Medication Check

The Infant Risk Center gives current info on the use of medications during pregnancy and breastfeeding. Some medicines or substances may unsafely transfer to your milk. **806-352-2519**

USBC info

National coalition of breastfeeding experts. Info on advocacy, laws, and answers to common questions

usbreastfeeding.org

ZipMilk

Locate lactation help near you, search by your zip code. zipmilk.org

Breastfeeding USA

Breastfeeding support over the phone, during monthly meet-ups, or via Face Book chat groups from volunteer breastfeeding counselors.

ctbreastfeedingusa.org

Connecticut Breastfeeding Coalition (CBC)

Non-profit group working to protect, promote and support breastfeeding. Provides information on state breastfeeding laws, returning to work while breastfeeding, and lactation resources. breastfeedingct.org

Hispanic Health Council

Mothers trained as peer-counselors from Black/African American and Hispanic communities are available to help prepare pregnant mothers to breastfeed and provide support after leaving the hospital.

hispanichealth.com or **860-527-0856**

Hope After Loss

Provides free peer bereavement support programs to women and men who grieve the loss of a pregnancy or infant. hopeafterloss.org or **203-782-4330**

HUSKY Healthy Beginnings

This a free program for HUSKY Health members that helps with making appointments and setting up rides to them. Services also include over the phone advice and help with housing assistance, WIC, breast pumps and baby supplies.

800-859-9889 ext 2025

La Leche League

Local leaders help moms meet their breastfeeding goals, through support, encouragement, information and education, Monthly meet-ups and phone support. Illct.org

Milk Bank North East

Regional resource to donate or receive screened donated human milk for your infant. milkbankne.org or **617-527-6263**

Women, Infants & Children (WIC)

WIC provides healthcare referrals, nutrition education, breastfeeding promotion and support, and supplemental foods for pregnant women, postpartum mothers, and children under 5 years old. WIC locator: tinyurl.com/CTWICfinder or **800-741-2142**