

Breastfeeding and the Workplace

Lactation Breaks, Appropriate Spaces, and Labor Laws

Returning to work is one of the most challenging times for moms, especially those who are dedicated to breastfeeding!

We are lucky to have New York State and Federal Laws that protect the rights of breastfeeding moms. Your employer is **required** to offer you **reasonable break time** to pump your milk. They are also **required** to offer you a **location** to pump that is NOT a bathroom.

You have the right to **ask your employer** to make a plan with you for how to make breastfeeding work. Breastfeeding is good for employers, too!

Most Health Insurance Plans Cover Breast Pumps!

Before you head to Wal-Mart or Babies 'R Us, check with your health insurance company to see if they cover breast pumps. Most private companies cover electric pumps (as well as tubing), while NYS Medicaid Programs mainly offer manual pumps but will supply electric pumps in some cases (call us to find out more). These have to be supplied by a durable medical supply company, so check with your insurance company first! WIC also loans pumps to moms– call 218-8414 to see if you qualify!

Local Suppliers of Breast Pumps and Supplies

MedCare

512 W. Third St. Jamestown, NY 716-664-5092

Patient's Pharmacy

320 N Main St. Jamestown, NY 716-720-5809

436 Central Ave. Dunkirk, NY 716-363-6339



Mommy Tip: A good latch is important for your baby to breastfeed effectively and for your comfort. During the early days of breastfeeding, it can take time and patience for your baby to latch on well.

Online Resources

La Leche League International

<http://www.llli.org/toolkit>

1-800-Laleche(525-3243)

Women, Infant and Children (WIC)

Contact your Peer Counselor 716-218-8414

<http://www.breastfeedingpartners.org>

Baby Goo Roo

<http://babygooroo.com/>

KellyMom

<http://kellymom.com/>

My Plate for Pregnancy and Breastfeeding

<http://www.choosemyplate.gov/mypyramidmoms/index.html>

The Care Connection

1-877-639-0300

www.careconnectiononline.com

Lactation and Wellness Center

Office of Women's Health

Breastfeeding Helpline

1-800-994-9662

<http://www.womenshealth.gov/breastfeeding/>

NYS Department of Health

Breastfeeding Promotion Program

<http://www.nyhealth.gov/community/pregnancy/breastfeeding/>

Chautauqua County

Maternal and Infant Health Program

Can't find what you need? Give us a call!

Chautauqua County Department of Health and Human Services

Hall R. Clothier Building– 4th Floor

7 North Erie Street

Mayville, NY 14757

Phone: 1-866-604-6789 or 716-753-4708

E-mail: cchealth@co.chautauqua.ny.us



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Breastfeeding Resource Guide for Chautauqua County Moms



Help for when you feel like giving up.



Chautauqua County

Maternal and Infant Health Program

This resource funded with support from:



Breastfeeding is SO good for mom and baby!

Breastfeeding offers many health benefits to **both mom and baby**.

Babies who are breastfed:

- Experience less respiratory and gastrointestinal illnesses, as well as ear infections, allergies and skin rashes.
- Face less risk from Sudden Infant Death Syndrome (SIDS), obesity, Type 2 Diabetes, and Leukemia.

Moms who breastfeed:

- Are less likely to develop Type 2 Diabetes, Breast and Ovarian Cancers, and Postpartum Depression.
- Heal from childbirth quicker and in many cases, lose baby weight faster.

The American Academy of Pediatrics recommends exclusive breastfeeding for your baby's first **six months** of life, and breastfeeding supplemented with solid foods from six months to at least **one year** of age.

But breastfeeding can be frustrating! The purpose of this guide is to make you aware of all of the resources in our area that are available to help you and your baby learn to breastfeed and help you be successful!



Breastfeeding Helpline

Having breastfeeding problems after hours? Professionals are available 24 hours a day, seven days a week to offer support by telephone or text. Limited Spanish-language support available with interpretation services.

Call: 1-844-4BF-BABY (1-844-423-2229)

Text: 716-224-2161

National Helpline (9am-6pm): 1-800-994-9662

Local Breastfeeding Professionals

Call to make an appointment to see one of these local professionals to help with any breastfeeding problems!

Brooks Memorial Hospital

Mindy Conti, RN, IBCLC, 716-363-3081
Tricia Tucker, RN, CLC

Chautauqua County
Maternal and Infant Health Program
Cathy Burgess, RN, CLC, Text or Call 716-224-2161
Alison Espin, RN, CLC
Janelle Hartloff, RN, CLC

Chautauqua Opportunities, Inc.
Donna Civiletto, RN, CLC, 716-785-5519

Jamestown Pediatrics
Jennifer Lisciandro, CLC, 716-499-6549

Darlene Redlecki, Private Practice
Darlene Redlecki, M.Ed., CLC 716-450-3172

Southern Tier Pediatrics
Amy Beach, FNP, CLC, 358-5437 661-9730

WCA Hospital
Dawn Pickett, RN, CLC, 716-664-8281 (Maternity)
Michelle Besse, RN, CLC
Toni DeAngelo, RN, CLC, 716-664-0316 (Wellness)

Women, Infants and Children (WIC)
Call your Peer Counselor 716-218-1484

CLC= Certified Lactation Counselor
IBCLC= International Board Certified Lactation Consultant

Support Groups and Drop-in Centers

Baby Café Jamestown

Free bi-lingual support for pregnant and breastfeeding mothers from other moms and trained staff. No appointment needed.

Location: Gateway Center, 31 Water Street, Jamestown, NY

Hours: 11am-1pm Tuesdays and Wednesdays

Contact: Joyce Bess, CLC: 716-640-1911,

Cathy Harrison 716-708-6892, charrison414@gmail.com

 [Facebook.com/blackwellchapelbabycafe](https://www.facebook.com/blackwellchapelbabycafe)

Breastfeeding USA– WNY Chapter

Northern Chautauqua County support group providing evidence-based information led by peer counselor Angie Astry.

Contact: Angie by email– Angelica.Astry@breastfeedingusa.org

 [Facebook.com/BFUSAWNY](https://www.facebook.com/BFUSAWNY)

Support from Moms like you!



Join our closed Facebook Group, “Chautauqua County Breastfeeding Moms (and Moms to be!)”, to share support and ideas with current, veteran, and future breastfeeding moms in Chautauqua County.

Also “like” our Facebook Page, “Chautauqua County Maternal and Infant Health Program” to stay up to date with services and events that we can offer to you and your baby.



Tips for Making it Work

Feed early and often! Breastfeed as soon as possible after birth. In the first few days after birth, your baby will likely need to breastfeed every hour or two in the daytime and a couple of times at night.

Learn your baby's hunger signs. When babies are hungry, they become more alert and active. They may put their hands or fists in their mouth, make sucking motions or turn their head looking for the breast.

Follow your baby's lead. Make sure you are comfortable and follow your baby's lead after he or she is latched on well. Some babies take both breasts at each feeding and others take only one.

Keep your baby close to you. Remember that baby is not used to this new world and needs to be held very close to his or her mother.

Avoid nipple confusion. Avoid using pacifiers, bottles and supplements of formula in the first few weeks unless medically indicated.

Sleep safely and close by. Have your baby sleep in a crib or bassinet in your room so that you can breastfeed more easily at night.

Know when to wake the baby. In the early weeks after birth, you should wake your baby to feed if 4 hours have passed since the beginning of the last feeding.