

Links for Breastfeeding Success While Going Back to Work

INTRODUCTION

Slide 4 – Source - [*U.S. ranks worst out of 40 countries for paid maternity leave*](#)

LET'S GET THE LEGALITIES OUT OF THE WAY

Slide 8 – Source – [*EMPLOYMENT \(820 ILCS 260/\) Nursing Mothers in the Workplace Act.*](#)

Slide 9 – Quote Source – [*Mamava.com*](#)

Slide 10 – Information - [*How to File a Complaint*](#)

Information - [*The Center for WorkLife Law*](#) - 50 State Survey of Workplace Lactation Laws

Handout - [*What To Do If Your Employer Isn't Following the Rules*](#) – Downloadable PDF

DURING YOUR MATERNITY LEAVE

Slide 16 – Handout - [*Breastmilk Storage Guide*](#) – Downloadable PDF

Slide 19 – Source - Nancy Mohrbacher. (2014). [*Working and Breastfeeding Made Simple*](#). Amarillo: Praeclarus Press, LLC

ISSUES YOU MAY RUN INTO

Slide 23 – Handout – [*Ensuring A Proper Latch*](#) – Downloadable PDF

Slide 25 – Handout - [*Great Breastfeeding Nipples*](#) – Downloadable PDF

SUPPLY AND DEMAND – WHAT TO DO IF YOU ARE LOSING YOUR SUPPLY

Slide 29 – YouTube video - [How to get MORE milk when pumping - hands on pumping to increase milk production](#) by Alex Wachelka | Motherhood Blooms Wellness

LACTATION SUPPORT

Slide 34 – Links to Lactation Consultants:

[Oh Baby Mine - Lactation & Doula Services](#) - International Board Certified Lactation Consultant (IBCLC) – Rockford, IL - 815-988-4292

[Back to You – Mother and Baby Support](#) - - International Board Certified Lactation Consultant (IBCLC) – Rockford, IL - 815-242-2240 text

[Align Doulas](#) – Madison, WI - 608-515-8905.

[Guardian Angel Birth Services](#) - Nationwide. Locally Janesville and Waukesha, Wi.

[Nest Collaborative](#) – Virtual – 888-598-1554

“Nest Collaborative is a collection of International Board-Certified Lactation consultants who conduct online, video appointments to help guide parents through the breastfeeding process.”

[Seraphicbaby.com](#) Helpful Resources

