

What To Do If Your Employer Isn't Following the Rules

At [Worklife Law](#), you will find a “50 State Survey of Workplace Lactation Laws”

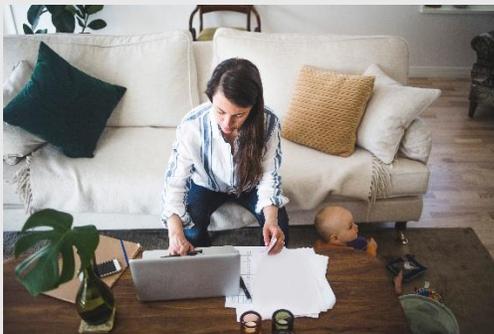
“This reference guide provides an overview of the federal and state laws protecting lactating employees in the workplace.” It includes *Federal Laws Protecting Lactating Employees* and *State Laws Protecting Breastfeeding Employees* in all 50 states. The Center for WorkLife Law operates a free legal hotline that provides information about workplace rights and makes referrals to attorneys, as appropriate. Email hotline@worklifelaw.org or call 415-703-9276.



Protecting nursing mothers in Illinois:

[EMPLOYMENT - \(820 ILCS 260/\) Nursing Mothers in the Workplace Act.](#)

If you believe your employer is breaking state or federal breastfeeding laws, you can file a complaint.



At the [Wage and Hour Division](#) of the US Department of Labor, you can find instructions to file a complaint against your employer.

Here you will find explanations of the complaint process, gathering information you need to file a complaint, how to file, and the investigation process.

