

In Their Own Words: Break Time for Nursing Mothers

The Break Time for Nursing Mothers law provides critical protections to ensure that employees have reasonable break time and a clean, private place to pump breast milk.

The solutions are simple, and the impact is monumental.

Creative Solutions for Private Space

"I have pumped in our department's conference room, server room, and wedding room and always been graciously accommodated." ~ Sage, California

"Anytime I said I needed to pump, my bosses left their office so I could use it to pump and let me use it as long as I needed to." ~ Alisha, California

"I travel for work and also made a firm commitment to breastfeed. After I would finish up my meetings, I would simply ask if they had a room I could pump in and because of this wonderful law I was never turned away." ~ Andrea, Illinois

"I work part time at a small fast-food restaurant. Space is limited in our building, but my employer put up a curtain in the back room to block the view of others and the cameras." ~ Alicia, Ohio

"The room I was given is a converted janitor's closet, but it has a table and chair, a small fridge, a restroom, and an outlet to plug into." ~ Meaghann, Ohio

"My company provides several rooms for lactating mothers to pump, as well as areas to store milk." ~ Gayle, Michigan

Creative Solutions for Finding Time

"They worked out a schedule with me in which I pumped three times a day while still fulfilling my work responsibilities." ~ Jaimie, Florida

"I am a Nurse Practitioner in a busy adult practice...My schedule was blocked for 20-minutes mid-morning, at lunch, and again mid-afternoon, so I could go to my office (private, with a lockable door) to pump milk." ~ Cleo, North Carolina

"I was allowed time in the morning, during lunch, and in the afternoon to pump. I was given the use of a conference room that was clean, had access to an outlet, and had comfortable chairs which allowed for a relaxed setting." ~ Jennifer, Michigan

Making It Work in the Military

"I am very pleased and proud that having been in the military both on active duty and now as a reservist that the places I have been stationed at are very accommodating for breastfeeding mothers, especially my last duty station, which was a very industrial environment. A separate, clean, private room was provided for nursing mothers to pump in." ~ Amanda, Florida

Making It Work in the Emergency Room

"I work in an emergency department, which means that taking scheduled breaks requires a team effort, and my coworkers have been supportive and find a way to 'make it work' so I can pump breast milk during my shift to store milk for my baby and keep up my supply. The hospital provides a clean, private location for me and several other nursing mothers." ~ Natalie, Pennsylvania

Yet 9 Million Women Are Left Unprotected

The **PUMP for Nursing Mothers Act (S. 1658/H.R. 3110)** fixes a loophole that excluded millions of women from the Break Time for Nursing Mothers law and ensures that nursing mothers have access to remedies that are available for other violations of the FLSA. Become a cosponsor today!

U.S. Breastfeeding Committee