



# What Does It Mean to Be Breast/Chestfeeding Friendly?

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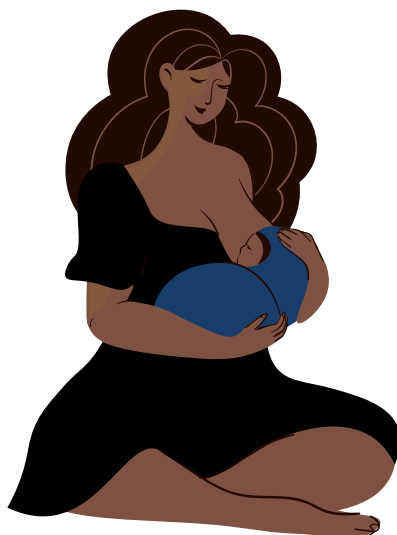
# BREAST/CHESTFEEDING

## ANY TIME, ANY PLACE

Breast/chestfeeding is an important feeding practice for parents of infants and young children. Where a person will be when they need to pump milk or breast/chestfeed their child can be unpredictable. This is why the New Haven Breastfeeding Task Force has come together and created materials emphasizing support for breast/chestfeeding at any time and any place.

**We encourage every worksite to engage with us in supporting parents by displaying the decal included.**

The purpose of this decal is to express your worksite's support for pumping or breast/chestfeeding in your facility. Lack of community support for breast/chestfeeding can be a barrier to parents' continuation of breast/chestfeeding. Demonstrating your support in this way will let the public know that all individuals are welcome to pump or breast/chestfeed their child at any time while in your facility.



# "Breast/Chestfeeding Friendly" mean?

A well-developed employee lactation support program is a win-win for both employers and employees. The Connecticut Breastfeeding Coalition (CBC) wants to recognize employers who are following state and federal lactation accommodation laws and who ensure all employees who wish to are able to access lactation accommodations.



**To be recognized by the CBC as Breast/Chestfeeding Friendly, an employer must have:**



A policy that ensures these lactation accommodations are accessible and available to all employees in every department and job class at the worksite and is supported at all levels of the organization.



An accessible, private space that an employee may use to breast/chestfeed or express/pump milk. This space cannot be a bathroom, must be protected from intrusion, and must be shielded from view of the public and co-workers.



Few or no barriers to employees scheduling break times to breast/chestfeed, express, or pump milk during the workday.

# Introduction to "Chestfeeding"

## What is "chestfeeding"?

The basic definition of "chestfeeding" is **feeding your baby with milk from your chest** (1). It can also involve using a feeding tube attached to the nipple to feed your baby if lactation is not a possibility (2).

As with breastfeeding, "Chestfeeding" **provides opportunities for skin to skin contact** (1).

"Chestfeeding" is a **gender-neutral term** that anyone can use. It is often used because some individuals feel that terms such as "breastfeeding" or "nursing" do not match how they identify their anatomy (2).



## How to support people who chestfeed?

**Use the terms and descriptions that parents want you to use.** When working with a parent, ask them how they identify, their pronouns, and how they describe their feeding process for their baby.

If you are unsure what terms to use, try to **use gender-neutral language.**

**Help normalize the term "chestfeeding" to be used alongside "breastfeeding."**

## Why use the term "chestfeeding"?

We should **use this term to be respectful** of all people who choose to feed their baby using human milk. We **want all new parents to feel comfortable** and supported.

Providing resources that fit the needs and practices of any new parent is essential to helping them feel acknowledged, supported, and seen. **Using inclusive language can help all parents.**



## People who commonly use the term "chestfeeding"

A **transgender man** may use the term "chestfeeding" if they had chest masculinization surgery, also known as top surgery, to remove breast tissue (3).

A **non-binary individual** may feel more comfortable using the term "chestfeeding" as it is not associated with any particular gender or identity.

**Cisgender women** may use this term because of past trauma that they have experienced, and they may feel uncomfortable using other terms to describe feeding their children (3).

### Sources:

1) <https://www.nhs.uk/pregnancy/having-a-baby-if-you-are-lgbt-plus/chestfeeding-if-youre-trans-or-non-binary/>

2) <https://www.healthline.com/health/chestfeeding#definition>

3) <https://www.mother.ly/life/what-is-chestfeeding/>

# Breast/Chestfeeding Resources in New Haven and around Connecticut

*These resources were curated by the Community Alliance for Research & Engagement (CARE) with input from New Haven Breastfeeding Task Force members, the Women of Color Maternal and Child Health Board (Yale School of Public Health), New Haven Healthy Start, New Haven WIC, and various community partners. If you would like to contribute additional resources to this running list, please email [nhvbftaskforce@gmail.com](mailto:nhvbftaskforce@gmail.com).*



## **BeHerVillage**

BeHerVillage is a free resource that enables families to create an online registry to raise funds for services such as doulas, childbirth education, pelvic floor health, lactation consultants, mental health support, etc.

Website: <https://behervillage.com/>

Email: [support@behervillage.com](mailto:support@behervillage.com)



## **Breastfeeding Heritage and Pride**

The Breastfeeding Heritage and Pride (BHP) program is an evidence-based, person-centered, peer support counseling program. It is a community health worker-led intervention seeking to increase breastfeeding initiation, duration, and exclusivity among low-income, minority women. Services are provided in English and Spanish.

Website:

<https://hispanichealthcouncil.org/programs-services/youth-services/>

Phone: 860-527-0856

Email: [info@hispanichealthcouncil.org](mailto:info@hispanichealthcouncil.org)



**Breastfeeding USA**

Empowering you with mother-to-mother support

## **Breastfeeding USA**

The mission of Breastfeeding USA is to provide evidence-based support for breastfeeding wherever you may be in your breastfeeding journey.

Breastfeeding USA has multiple monthly meetings, an active Facebook group, and volunteer breastfeeding counselors available to chat via phone or email. Meetings are an excellent way to receive in-person support and to connect with other breastfeeding mothers. The online and phone supports are available whenever you may need them.

Website: <http://www.ctbreastfeedingusa.org/>



### **Cheshire Fitness Zone**

The Cheshire Fitness Zone feeding team, comprised of Speech Language Pathologists and Occupational Therapists, applies principles from advanced training (Sequential-Oral-Sensory “SOS,” Beckman Oral Motor, etc.) to evaluate and treat patients with feeding concerns. They work with toddlers, children, and adolescents who experience difficulty with acceptance of new foods and textures, commonly referred to as “Problem Feeders;” patients who have feeding disorders, known as dysphagia; as well as mothers with difficulty breastfeeding. They also have therapists who specialize in nursing. Website: <https://cheshirefitnesszone.com/pediatric-feeding-therapy-services/> Phone: 203-250-9663



### **Connecticut Breastfeeding Coalition**

Since 2001, the Connecticut Breastfeeding Coalition (CBC) has been working across the state to protect, promote, and support breastfeeding as the norm for infant and child feeding in Connecticut. The CBC includes both organizations and individuals from all walks of life. We partner on projects that support best practices in health care, worksites, child care, and campuses, as well as connecting families directly to lactation support. Join today for free!

Website: <https://www.breastfeedingct.org/>  
Phone: 203-699-6455



### **Doulas 4 Connecticut Coalition**

The Doulas 4 Connecticut Coalition is a collaborative of doulas, community voices, advocates, community organizations, and allies. This is a space for individuals to collaborate on policy development, organizing collective power, community and doula-led advocacy, maternal health equity research, and community learning to advance equitable access to doula care in CT. Website: [https://www.facebook.com/doulas4ct/?ref=page\\_internal](https://www.facebook.com/doulas4ct/?ref=page_internal)



### **Earth's Natural Touch: Birth Care & Beyond (General Info)**

The Earth's Natural Touch: Birth Care & Beyond (ENT) Doulas and Perinatal Health Advocates work to reduce the risk of undesirable pregnancy and birth outcomes, promote perinatal wellness for parents and children, and support breastfeeding advocacy for all families, while also working to eliminate racial and ethnic disparities in infant and maternal health within undervalued, underrepresented and historically excluded communities. They are founding members of the Doulas4CT Coalition, dedicated to garnering system support through policy development, utilizing collective power, and building community learning to achieve equitable access to doula care in CT. They accept Private Pay clients, and have also partnered with several local, state, and national organizations to provide free virtual or in-person Doula services across the state of Connecticut to those who qualify.

ENT is committed to creating a network of Doulas and Perinatal Health Advocates that is anti-racist and liberation forward, and work towards this by providing Racial Liberation Trainings for Perinatal Professionals and anyone working with families during pregnancy, as well as through several intentional team agendas within their collective. ENT provides Childbirth Education classes, Breastfeeding classes, and several Support Groups for pregnant and postpartum families. ENT is the largest Black-owned Doula Training Organization and Collective of Doulas in New England.

Website: <https://earthsnaturaltouch.com/>

Email: <https://earthsnaturaltouch.com/contact-us>

### **Earth's Natural Touch: Birth Care & Beyond (Lactation)**

The Earth's Natural Touch: Birth Care & Beyond (ENT) Doulas and Perinatal Health Advocates, including their team of Certified Lactation Counselors (CLCs), provide counseling and management support to families who are exploring the option of breastfeeding, or who have questions or problems during the course of lactation. They work to prevent and solve breastfeeding problems, make appropriate recommendations and referrals, and provide a peer support space for Black and Brown families of the African Diaspora to meet their breastfeeding goals with culturally aligned support.



No matter where you are in the world, or where you are in your breastfeeding journey, feel free to join them at their weekly Mocha Milkshake Café, a Virtual Breastfeeding Support Group. This is a safe, supportive space to learn, share, and decompress with other parents and birth and lactation professionals.

Website: <https://earthsnaturaltouch.com/mocha-milkshake-cafe>

Email: [MochaMilkshakeCafe@gmail.com](mailto:MochaMilkshakeCafe@gmail.com)

Other Services: <https://earthsnaturaltouch.com/contact-us>

### **Empowered Beginnings Doulas**

Empowered Beginning Doulas is a group of doulas, childbirth educators, lactation counselors, and parenting coaches who believe in the power of community and partnership. They support unlimited phone access to your doula, scheduled in-person visits, monthly group Zoom calls, and a weekly in-person postpartum group.

Website: <https://empoweredbeginningsct.com/ebdoulas/>

Phone: 860-638-9133

Email: [ashley@ebdoulas.com](mailto:ashley@ebdoulas.com)





### **Irth**

Irth is a “Yelp-like” platform where Black and Brown women and birthing people can find and leave reviews of prenatal, birthing, postpartum, and pediatric experiences with doctors and hospitals. Reviews are also welcome from partners and doulas.

Website: <https://irthapp.com/>

Download the app: <https://irthapp.com/get-the-app/>



**La Leche  
League of  
Connecticut**

### **La Leche League of Connecticut**

La Leche League of Connecticut is a registered 501(c)(3) non-profit organization dedicated to helping families provide human milk for their babies, through peer-to-peer support, encouragement, information, and education. Volunteer Leaders provide monthly support meetings throughout the state. The mission of La Leche League International is to help families reach their own personal breastfeeding goals and to promote a better community understanding of breastfeeding as an important element in the healthy development of the baby, parents, and community.

Website: <https://www.lllct.org/>

Helpline: 860-222-0990

Email: [help@LLLct.org](mailto:help@LLLct.org)



### **Milkin' Melanin Lactation Services**

Milkin' Melanin Lactation Services provides prenatal breastfeeding classes and postpartum consults to families of color on Medicaid and/or WIC throughout the state of Connecticut through grant funding.

Website: [www.milkinmelanin.com](http://www.milkinmelanin.com)

Phone: 203-805-8873

Email: [support@milkinmelanin.com](mailto:support@milkinmelanin.com)



### **National Black Doula Association (NBDA)**

The NBDA® connects Black (BIPOC) birthing families with Black (BIPOC) Doula nationwide. Our overall mission at NBDA® is to help fight the Black Maternal Mortality and Morbidity rate in this country and beyond through our educational development at the NBDA Leadership Academy™, our Multi-level Doula Training Program. We have a professional database of skilled, trained & certified Doula through our NBDA® Directory of Black, BIPOC & LGBTQIA Doula ready to support and become a part of the overall Birth team for birthing BIPOC families and help usher them into a safe & healthy delivery. From Fertility & Beyond is where we stand.

Website: <https://www.blackdoulas.org/>

Email: [hello@blackdoulas.org](mailto:hello@blackdoulas.org)



nessel

### **Nessel**

Nessel is focused on building beautiful design solutions that adapt to client needs, shaped by Principles of Universal Design, with a sharp focus on bodily experience, health and inclusion, and scale and access. Products include the Nessel Lactation Station, Nessel Lactation Pods, and portable sinks.

Website: <https://www.nessel.com/lactation-space>

Phone: 203-529-7454

Email: [hello@nessel.com](mailto:hello@nessel.com)

### **New Birth Journey**

When utilizing New Birth Journey services, you get a doula who will go on your birthing/postpartum journey with you. Together, you and New Birth Journey will devise a plan that works best for you and how you need to be supported! Throughout the journey that you and New Birth Journey will embark on together, it is important that the New Birth Journey doula gives you tools to feel confident about the birth and postpartum support provided. The New Birth Journey doula will also provide tidbits about breast/chestfeeding to help amplify your voice for you to be heard and understood. New Birth Journey assists parents and future parents with birth, aftercare, and lactation education and support.

Website: <https://www.facebook.com/NewBirthJourney/>

Email: [newbirthjourney24@gmail.com](mailto:newbirthjourney24@gmail.com)



## NEW HAVEN **Breastfeeding Task Force**

### **New Haven Breastfeeding Task Force**

The New Haven Breastfeeding Task Force is a city-level task force working to build partnerships to support breast/chestfeeding work in New Haven, address racial/ethnic and income disparities in breast/chestfeeding services and rates, and advocate for policies and collaborate on initiatives that encourage and support people to meet their breast/chestfeeding goals. We are convened by the Community Alliance for Research & Engagement (CARE) and New Haven Healthy Start, with support from the CDC Racial & Ethnic Approaches to Community Health (REACH) Grant. We meet on the 3rd Friday of each month from 2-3pm EST via Zoom. To attend, please email the New Haven Breastfeeding Task Force at [nhvbftaskforce@gmail.com](mailto:nhvbftaskforce@gmail.com).



### **New Haven Healthy Start**

New Haven Healthy Start is a federally-funded urban health initiative to reduce infant mortality and eliminate racial and ethnic disparities in birth outcomes. The program provides support to pregnant women, children up to age 18 months, and the fathers of those children. Services include but are not limited to outreach, counseling, and case management. Eligible moms enrolled in Healthy Start get access to doula and lactation services with Earth's Natural Touch Doulas. The program is part of a national network of 101 Healthy Start programs in 37 states and funded by a federal grant (H49MC00095) from the Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, Division of Perinatal Health Systems.

Website:

<https://www.cfgnh.org/leading-on-issues/healthy-families/new-haven-healthy-start>

Phone: 203-777-2386

Email: [contactus@cfgnh.org](mailto:contactus@cfgnh.org)



### **Paving the Way: Diversity in Lactation**

Paving the Way: Diversity in Lactation provides support and guidance for aspiring International Board Certified Lactation Consultants (IBCLCs) of color and other marginalized groups who reside in Connecticut.

Website: <https://www.diversityinlactation.org/>

Phone: 929-220-6785

Email: [admin@diversityinlactation.org](mailto:admin@diversityinlactation.org)



### **Pediatric Provider Specializing in Tongue/Lip Ties**

Dr. Eric Baum - Pediatric Otolaryngology

Website: <https://www.ynhh.org/physicians/eric-d-baum.aspx>

Phone: 203-245-0496



### **Postpartum Support International (PSI) Connecticut Chapter**

PSI Volunteer Coordinators provide support and resources to pregnant, birthing, and postpartum help seekers, such as psychotherapy and support groups. PSI Coordinators are accessed through the PSI Helpline. PSI Connecticut is a state chapter organization of Postpartum Support International whose mission is to raise awareness about the prevention and treatment of mental illness related to childbearing. PSI offers free support, resources, and programs for birthing people, such as over 30 online support groups each week. PSI offers Perinatal Mood and Anxiety Disorder trainings for those providing support, treatment, and care to birthing people experiencing perinatal mental health complications.

Websites: [www.postpartum.net](http://www.postpartum.net), <https://psichapters.com/ct/>,  
[www.psictchapter.com](http://www.psictchapter.com)

Helpline: 1-800-944-4773

Text in English: 800-944-4773

Text en Español: 971-203-7773



### **Real Dads Forever**

Real Dads Forever creates age-appropriate, gender-specific, and culturally-responsive fatherhood development strategies to enhance the emotional, physical, social, and spiritual relationship between children and their fathers and family men. Real Dads Forever has worked with diverse populations of men from urban environments, suburban towns, and rural areas, and from many different racial and ethnic backgrounds. Real Dads Forever facilitates professional development and staff training for agencies and schools, and investigates successful methods to engage and include fathers as essential partners and family assets around prenatal care, cognitive stimulation, child development, and academic success.

Website: <https://realdadsforever.org/>

Phone: 860-643-7364

Email: [info@realdadsforever.org](mailto:info@realdadsforever.org)



### **WIC Breastfeeding Support**

This is a webpage that features resources related to breastfeeding support.

Website: <https://wicbreastfeeding.fns.usda.gov>



### **WIC Office at Yale New Haven Hospital**

Connecticut women who meet income guidelines and need help providing their children with nutrient-rich foods can receive support through Yale New Haven Hospital's special supplemental nutrition program for Women, Infants and Children (WIC), which has been in operation for 40 years.

Website: <https://www.ynhh.org/about/community/support-services/wic.aspx>

Phone: 203-688-5150 (York Street) or 203-789-3563 (St. Raphael Campus)



### **YNHH Childbirth and Parenting Classes**

Yale New Haven Health offers a variety of in-person classes, live webinars, and online e-classes. Maternity experts support you through pregnancy and beyond with educational resources, childbirth and infant care classes, breastfeeding, and more.

Webpage:

<https://www.ynhh.org/services/maternity-services/childbirth-resources/childbirth-parenting-classes>

Phone: 1-888-700-6543



### **YNHH Community Programs at Yale New Haven Children's Hospital**

Yale-New Haven Children's Hospital offers a variety of programs in support of community and patient needs. The programs include the following: Books for Babies, Bright Beginnings Family Read, Caring Parents Make Healthy Families, Friends of the Yale New Haven Children's Hospital, Nurturing Connections, Nurturing Families Home Visiting, Nurturing Families Network at Yale New Haven Children's Hospital, Nurturing Parent Group, and Reach Out & Read.

Website: <https://www.ynhh.org/childrens-hospital/about/our-community.aspx>

Phone: 203-688-8165



### **YNHH Parenting Support and Maternal Wellness Services**

Yale New Haven Health offers support for you and your baby throughout your pregnancy and beyond, including a Maternal Wellness Program, a Breastfeeding Mother's Support Group, Healthy Start, the New Haven WIC Breastfeeding Peer Counseling Program, and Project MotherCare.

Website:

<https://www.ynhh.org/services/maternity-services/childbirth-resources/childbirth-parenting-support>

### **ZipMilk**

Zipmilk is a clearing house website that provides a platform for individuals and businesses that serve the breastfeeding community to share information about their services. Zipmilk administrators make good faith efforts to confirm the primary breastfeeding-related credential claimed by each individual or business submitting a listing, but do not review the actual services claimed to be provided. Accordingly, Zipmilk, the Massachusetts Breastfeeding Coalition, the state organizations who administer listings on Zipmilk, and their respective representatives are not responsible for the claims made by the individuals or businesses listed on the site, and may not be held liable for inaccuracies in any listing or for any deficiencies or negligence in connection with services rendered.

Website: <https://www.zipmilk.org/>



# Breastfeeding in Connecticut: What are your Rights?

## You have a right to breastfeed in public.

Connecticut laws\* protect your right to breastfeed your child in any public place that you are allowed to be. This means that no one can limit your right to breastfeed your baby. It is against the law to not let you breastfeed or to ask you to move or cover up.

## If you think your right to breastfeed in public has been violated: contact the Commission on Human Rights and Opportunities (CHRO).

Call 1-800-477-5737 or visit their website at [www.ct.gov/chro](http://www.ct.gov/chro)

## You have a right to breastfeed or pump at work.

The Connecticut law on breastfeeding at work states that your employer must allow you to breastfeed or pump breast milk at work. There is also a federal law about breastfeeding at work.

## Here is how the Connecticut law works:

You may pump or breastfeed your baby at work during your meal or break time. Your employer does not have to pay you during that time unless you are using your regular break time. They must provide a room or other space that is close to your work area. If your employer doesn't provide break time, it doesn't have to do so under Connecticut's law. The space cannot be a toilet or bathroom stall and it must be private. This law is for all Connecticut employers.

## If you think that your breastfeeding rights at work have been violated: contact the Connecticut Department of Labor.

Call 1-860-263-6791 or visit their website at [www.ctdol.state.ct.us/wgwkstnd/forms/DOL-80.doc](http://www.ctdol.state.ct.us/wgwkstnd/forms/DOL-80.doc).

## Here is how the federal law works:

If you work for a company that has more than 50 employees and you are paid hourly, then your employer must provide you with flexible break times that will be different for all women. They must also give you a private place to pump your milk. They do not need to pay you if you are using time that is not your regular break time.

You can also file a complaint with the U.S. Department of Labor. For information on filing a complaint, visit the U.S. DOL website: [www.dol.gov/wecanhelp/howtofilecomplaint.htm](http://www.dol.gov/wecanhelp/howtofilecomplaint.htm).

## You cannot lose your job for pumping or breastfeeding at work.

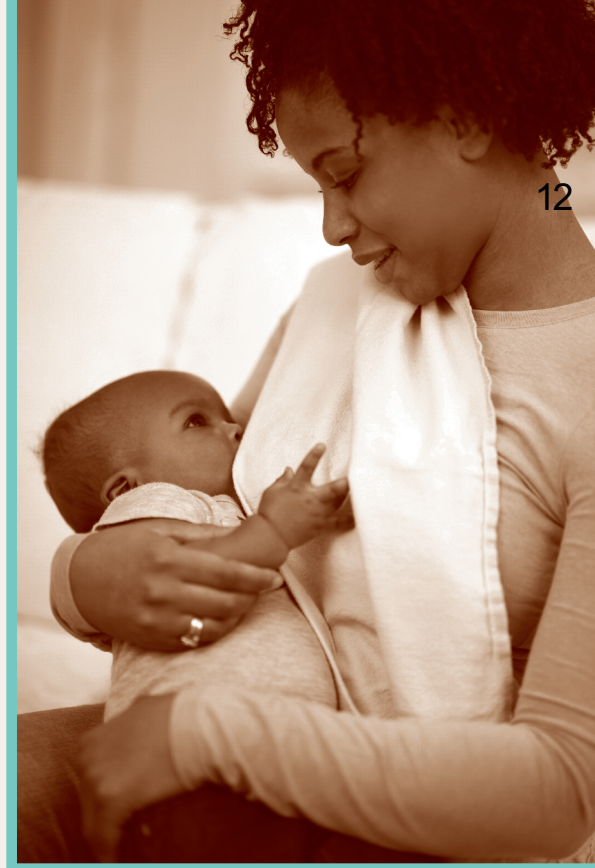
It is against the law to discriminate, discipline or take any action against you for exercising your rights under these laws.

## Talk with your employer about working and breastfeeding.

Tell them about your breastfeeding plans as soon as possible. Women need to pump or breastfeed to continue making milk for their babies. Breastfeeding results in healthier women and children and lower health care costs. Healthier women and children mean that mothers don't have to miss work as often because they are healthier and so are their babies. Women who are able to combine work and breastfeeding are more satisfied with their jobs and don't quit as often. Everybody wins with breastfeeding! More information at: [www.breastfeedingct.org](http://www.breastfeedingct.org)

## You have rights if you are called for jury duty.

Jury Duty Administration must have information on their website for breastfeeding women about options for their jury service, <https://www.jud.ct.gov/jury/faq.htm#9>. They must train their staff about the needs of breastfeeding jurors. For more information on postponement of jury duty or to ask the court staff to work with you to meet you and your baby's breastfeeding needs while on jury duty, call 1-800-842-8175 8a.m. to 8p.m. Monday through Friday, or go to the Jury home page at <https://www.jud.ct.gov/jury/default.htm>.



A collaborative publication between the Connecticut Department of Public Health and Connecticut Breastfeeding Coalition

\* Connecticut laws\* (Chapter 939, Section 53-34b and Chapter 814c, Section 46a-64) Breastfeeding in public

\* Connecticut law (Connecticut General Statutes, Section 31-40w) Breastfeeding in the workplace

\* Public Act 12-51 Addresses Jury Duty

Rev. 5/2014 This revision made possible with funds from CDC 1305 grant

# Amamantando a su bebé en Connecticut

## ¿Cuáles son sus derechos?

### Tiene el derecho de amamantar a su bebé en público.

Las leyes de Connecticut\* protegen el derecho de amamantar a su niño en cualquier lugar público en el que se le permita estar. Esto significa que nadie puede limitar su derecho a amamantar a su bebé. Es contrario a la ley no permitirle amamantar a su bebé o pedirle que se retire o se cubra.

### Si piensa que se ha violado su derecho a amamantar en público: comuníquese con la Comisión de Derechos Humanos y Oportunidades (CHRO, por sus siglas en inglés).

Llame al 1-800-477-5737 o visite el sitio web en [www.ct.gov/chro](http://www.ct.gov/chro)

### Tiene el derecho de amamantar o extraer la leche en el trabajo.

La ley de Connecticut sobre amamantamiento en el trabajo establece que el empleador debe permitirle amamantar o extraer la leche en el trabajo. También existe una ley federal acerca del amamantamiento en el trabajo.

### Así funciona la ley de Connecticut:

Usted puede extraer la leche o amamantar a su bebé en el trabajo durante su hora de almuerzo o su tiempo de descanso. No es necesario que su empleador le pague durante ese tiempo a menos que usted esté utilizando su tiempo de descanso habitual. Deben proporcionarle un cuarto u otro espacio que esté cerca de su área de trabajo. Si su empleador no le proporciona un tiempo de descanso, no está obligado a hacerlo según la ley de Connecticut. El espacio no puede ser un cuarto de baño o el cubículo de un baño y debe tener privacidad. Esta ley es para todos los empleadores de Connecticut.

### Si piensa que se han violado sus derechos de amamantar en el trabajo: comuníquese con el Departamento de Trabajo de Connecticut.

Llame al 1-860-263-6791 o visite el sitio web en [www.ctdol.state.ct.us/wgwkstnd/forms/DOL-80.doc](http://www.ctdol.state.ct.us/wgwkstnd/forms/DOL-80.doc).

### Así funciona la ley federal:

Si trabaja para una compañía que tiene más de 50 empleados y a usted le pagan por hora, entonces su empleador debe proporcionarle tiempos de descanso flexibles que serán diferentes para todas las mujeres. También debe proporcionarle un lugar con privacidad para extraer la leche. No es necesario que le paguen si usted está utilizando tiempo que no es su tiempo de descanso habitual.

También puede presentar una queja ante el Departamento de Trabajo (DOL, por sus siglas en inglés) de EE. UU. Para obtener información sobre presentar una queja, visite el sitio web de DOL de EE. UU.: [www.dol.gov/wecanhelp/howtofilecomplaint.htm](http://www.dol.gov/wecanhelp/howtofilecomplaint.htm).

### No puede perder su trabajo por extraer la leche o amamantar a su bebé en el trabajo.

Es contrario a la ley discriminar, disciplinar o tomar cualquier acción en su contra por ejercer sus derechos conforme a estas leyes.

### Hable con su empleador acerca del trabajo y el amamantar.

Cuéntele sus planes para amamantar lo antes posible. Las mujeres necesitan extraer su leche o amamantar para continuar produciendo leche para sus bebés. El amamantar tiene como resultado mujeres y niños más saludables y gastos médicos más bajos. El hecho de que las mujeres y niños sean más saludables significa que las madres faltan con menor frecuencia al trabajo porque son más saludables y también sus bebés. Las mujeres que pueden combinar el trabajo y el amamantar están más satisfechas con sus trabajos y no dejan sus empleos con tanta frecuencia. ¡Todos ganan con el amamantamiento! Más información en: [www.breastfeedingct.org](http://www.breastfeedingct.org)

### Usted tiene derechos si la llaman para prestar servicio como jurado.

La Administración del Deber de Jurado debe tener información en su sitio web para mujeres que amamantan acerca de las opciones para el servicio como jurado <https://www.jud.ct.gov/jury/faq.htm#9>. Debe capacitar a su personal acerca de las necesidades de jurados que están amamantando. Para más información sobre la postergación del deber de prestar servicio como jurado o para pedir al personal del tribunal que trabaje con usted para satisfacer las necesidades de amamantamiento suyas y del bebé mientras está cumpliendo su deber como jurado, llame al 1-800-842-8175 de 8a.m. a 8p.m. de lunes a viernes, o vaya a la página de inicio de Jurado en <https://www.jud.ct.gov/jury/default.htm>.



Una publicación realizada en colaboración entre el Departamento de Salud Pública de Connecticut y la Coalición pro Lactancia de Connecticut

\* Leyes de Connecticut\* (Capítulo 939, Sección 53-34b y Capítulo 814c, Sección 46a-64) Amamantamiento en público

\* Ley de Connecticut (Estatutos Generales de Connecticut, Sección 31-40w), Amamantamiento en el Lugar de Trabajo

\* La ley pública 12-51 aborda el deber de prestar servicio como jurado

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