

LACTATION ACCOMMODATION PROGRAM

LADWP recognizes that breast milk is the optimal food for growth and development of infants and encourages employees and management to have a positive accepting attitude toward employed mothers and breastfeeding. The LADWP promotes and supports breastfeeding and the expression of breast milk by employees who are breastfeeding when they return to work.

All supervisors must provide a reasonable amount of break time and make reasonable efforts to provide the use of appropriate space for employees who desire to express milk for their infant child during work hours.

LACTATION CONSULTATION SERVICES, SUPPORT GROUPS, AND PARENTING CLASSES

The LADWP Family Care Office is excited to offer one-on-one lactation consultation services, support group sessions focusing on lactation and parenting, and group classes on family care topics.

BREASTFEEDING RESOURCES:

- [BreastfeedLA](#): Dedicated to improving the health and well-being of infants and families through education, outreach, and advocacy to promote and support breastfeeding.
- [CDC's Breastmilk Storage Guidelines](#): This website provides current information on how to safely store breastmilk at work.
- [Kellymom's Working and Breastfeeding Resources](#): Kellymom provides information and advice on how to make breastfeeding and working work for you as well as other science based breastfeeding information.
- [La Leche League](#): Organization dedicated to helping mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.
- [OSHA's definition of Breast Milk](#): According to OSHA, breast milk is not included in the standard definition of "potentially infectious materials." Therefore, contact with breast milk does not constitute an occupational exposure as defined by the standard. To read more about this go to their website.
- [WomensHealth.gov - Breastfeeding Support](#): This website is a special project of the Department of Health and Human Services, Office on Women's Health. You can find information on a number of women related health issues and breastfeeding.