

## *Other Ways to Support Breastfeeding Within the Workplace*

- Allow sufficient leave for new mothers to establish breastfeeding. It takes 4 to 6 weeks, or more, for baby and mother to establish a good milk supply.
- Consider alternative work schedules such as part-time employment, job sharing, flex schedules, work-at-home options, and/or a gradual return to work so breastfeeding employees experience less disruption to the breastfeeding process.
- Create an on-site support group for breastfeeding mothers. For example, establish monthly lunch support group meetings. Hire a Lactation Specialist to lead the meetings and answer questions.
- Obtain corporate lactation services for employees, either on-site or off-site. Some corporate lactation companies provide electric breast pumps, breastfeeding classes, telephone advice, and/or individual breastfeeding consultations.

