

## Resources

If you're looking for me, you can find me online, where I write about modern parenthood, breastfeeding, and more.

Information on this book and related content can be found at [www.workpumprepeat.com](http://www.workpumprepeat.com). You can also find me on Facebook at [www.facebook.com/JessicaShortallWrites](http://www.facebook.com/JessicaShortallWrites), where I would LOVE to hear your own war stories and tips, and regularly blogging at [www.italkaboutboobs.wordpress.com](http://www.italkaboutboobs.wordpress.com). On Twitter, I use the handle [@PumpAtWork](https://twitter.com/PumpAtWork) for obvious reasons and [@jessicashortall](https://twitter.com/jessicashortall) for a little bit of everything. I also do some public speaking (keynotes, commencement addresses, workshops, and seminars) on the topics of changing the world, women and girls, leadership, and of course, modern motherhood. You can find more on my public speaking and other day job stuff at [www.jessicashortall.com](http://www.jessicashortall.com).

Most of the resources in this chapter can be found online. Active and reputable organizations maintain and update their information as laws and circumstances change. Where web links are lengthy, I have also included key words to use in a Google search should the address not work for you.

### Legal Rights

#### **United States Breastfeeding Committee**

- Federal and state laws about working and breastfeeding
- Campaigns to change state and federal law
- [www.usbreastfeeding.org](http://www.usbreastfeeding.org)

#### **National Conference of State Legislatures**

- Comprehensive list of state laws on breastfeeding
- [www.ncsl.org/research/health/breastfeeding-state-laws.aspx](http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx)
- Google search: NCSL breastfeeding

#### **United States Department of Labor**

- Information and links to fact sheets and resources
- [www.dol.gov/whd/nursingmothers](http://www.dol.gov/whd/nursingmothers)
- Google search: DOL breaktime nursing mothers

## Making Changes at Your Workplace

### Centers for Disease Control and Prevention

- Lactation Support Program has a toolkit for creating a lactation support program at work
- [www.cdc.gov/nccdphp/dnpao/hwi/toolkits/lactation](http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/lactation)
- Google search: CDC lactation support program

### Womenshealth.gov

- See “Government in Action” under Breastfeeding Resources section for the business case for breastfeeding
- [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)
- Google search: Office Women’s Health business case breastfeeding

## Choosing a Breast Pump

### USDA

- WIC (the Federal Special Supplemental Nutrition Program for Women, Infants, and Children) covers some pumps for women who qualify for assistance. WIC is administered state by state, and every state WIC office has its own website. If you can’t find information online, call the office and ask.
- [www.fns.usda.gov/wic/women-infants-and-children-wic](http://www.fns.usda.gov/wic/women-infants-and-children-wic) for a list of state agency contact information, including a link for breastfeeding coordinators in each state
- Google search: (state name) WIC breastfeeding

### Online reviews of breast pumps

- [www.consumerreports.org/cro/breast-pumps/buying-guide.htm](http://www.consumerreports.org/cro/breast-pumps/buying-guide.htm)
- [www.breastpumpcomparisons.com](http://www.breastpumpcomparisons.com)
- Check out Amazon reviews of various pumps

## Breastfeeding and Travel

### Transportation Security Administration (USA)

- TSA is the body that manages airport security in the US. Their website is vague on the detailed points about traveling with a pump and milk, but the web page located at the link listed below is worth printing and bringing with you.
- [www.tsa.gov/traveling-formula-breast-milk-and-juice](http://www.tsa.gov/traveling-formula-breast-milk-and-juice)
- Google search: TSA breastmilk

## General Breastfeeding Support

To make sense of the landscape of lactation support available, I enlisted the help of Robyn Roche-Paull, BSN, RN, IBCLC. Robyn is the author of *Breastfeeding in Combat Boots* and a former navy mechanic, so she is also a certified badass. Here's Robyn:

“An IBCLC [International Board Certified Lactation Consultant], also known as a lactation consultant, has received the highest level of education and training and has the knowledge and skill to help mothers with even the most difficult breastfeeding situations.

“To use the letters IBCLC, one must pass a rigorous international exam. To be eligible to sit for the exam she must have extensive education (usually a four-year degree) and thousands of hours of experience with breastfeeding mothers. To retain the credential, she must attend conferences and earn continuing education credits. IBCLCs often have an area of expertise (such as working mothers or cleft palate babies), and charge for their services.

“Certified lactation counselors or educators (CLC or CLE) have taken one or more short-term breastfeeding courses and may have a local or national certification. CLCs are capable of teaching mothers about breastfeeding and helping with normal problems, but may or may not have the expertise to help with difficult problems.

“Breastfeeding USA counselors and La Leche League Leaders are mothers who have breastfed for at least nine months to a year and completed a lengthy accreditation process with extensive coursework. Both are volunteers who provide peer support by facilitating monthly support group meetings and offer breastfeeding counseling via telephone and email.

“WIC Peer Counselors are mothers who are or have been on the WIC Program and have breastfed. They receive extensive training and provide peer counseling, and can often help with normal breastfeeding problems.”

### ***Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military***

- Robyn Roche-Paull's awesome book for military moms is also great for firefighters, law enforcement, EMTs, and anyone pulling long, physical shifts outside of an office setting.
- [www.breastfeedingincombatboots.com](http://www.breastfeedingincombatboots.com)

For online breastfeeding support, try the following resources:

#### **Kellymom.com**

- Advice on common breastfeeding issues
- Medication safety while pregnant and breastfeeding

- [www.kellymom.com](http://www.kellymom.com)

### **La Leche League International**

- Directory of local La Leche League support groups
- Resources for many common breastfeeding concerns
- [www.llli.org](http://www.llli.org)

### **Directories of Lactation Consultants**

- Global directory of IBCLCs: [www.ilca.org](http://www.ilca.org)
- US directory of lactation consultants: [www.uslca.org](http://www.uslca.org)

### **Breastfeeding USA**

- Articles and resources for working moms
- [www.breastfeedingusa.org](http://www.breastfeedingusa.org)

### **LowMilSupply.org**

- Lactation-consultant-run website with help for low supply
- [www.lowmilksupply.org](http://www.lowmilksupply.org)

## **Apps**

This list is not comprehensive, but these apps might be especially useful to a working breastfeeder:

- Mamava Lactation Station Locator
- Breastfeeding Solutions: practical advice from an IBCLC
- LactMed: information about prescription drugs and breastfeeding
- Pump@work: tracks daily milk and storage totals
- MilkMaid: tracks pumping time, output, and how much stash you have in different locations
- Breastfeeding Central: IBCLC answers to questions, and a locator to find lactation professionals
- [DoctoronDemand.com](http://DoctoronDemand.com): App that offers paid live consultation with medical professionals, including lactation consultants

**“AS YOU HEAD OFF TO CLIMB** this big old mountain, I just want to ask you to do one more thing: Picture us, your army of fellow working mothers, who love you. We are out there, too, feeling guilty and proud all at once. We are sitting with you, pump perched precariously on your knees, typing an email on your phone, in the storage closet. We are running with you across the office or the school or the courthouse or the hospital building, late for a meeting but needing to get that milk into the fridge that is located about as far away from the lactation room as it can get. We are experiencing that moment of nausea with you when you spill breastmilk all over your keyboard (tell the IT Department that it was coffee). . . . We are so, so proud of you for being a working mom and for giving this breastfeeding and working thing a shot. . . . Now get out there, attach a machine to one of the most sensitive and private parts of your body, and make the magic happen. You’re a warrior. You’re a badass. You’re a working mother, and that’s an amazing thing.”