

You CAN Breastfeed Your Baby and Work!



We can Help

The Breastfeeding Coalition of El Dorado County can provide, *at no cost*, an electric breast pump for you to use at work. For more information, please call:

Cindy Gaffney (530) 333-1917 ext. 241 (Western Slope)

Patty Murphy (530) 573-3049 (South Lake Tahoe)

Now it's Easier

Your employer, by law, AB 1025, must provide break time and a private room for you to express your milk. Contact your supervisor to discuss arrangements that can be made for you. For details about the law, visit the WIC website:

www.wicworks.ca.gov

Breastfeeding ... the gift that lasts a lifetime!