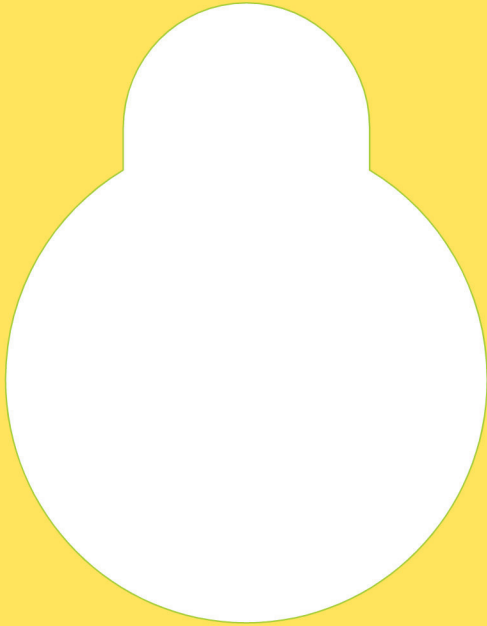


Front



**DO NOT
DISTURB**

**Nursing mom
at work**



Back



Washington supports breastfeeding.

Section 7 of the Fair Labor Standards Act requires that all employers provide breastfeeding employees:

- Reasonable break time to express breastmilk for her nursing child.
- A place to express milk, other than a bathroom, that is shielded from view and free from intrusion by coworkers and the public.

When you breastfeed, you make an investment in your baby's future. Your milk gives your baby the healthy start that will last a lifetime.

**For more information, go to:
www.doh.wa.gov/breastfeedingsupport**

