Making it Work: Assisting and Empowering New Mothers
Cathy Carothers, BLA, IBCLC, FILCA, Every Mother, Inc.
December 16, 2016 12:00 – 1:30 p.m.

WELCOME!

- 1.5 hour presentation including polls, discussion and Q&A discussion
- Today’s session is being recorded and will be available on demand for future viewing
- Slides and Information Handout are available at: http://www.albany.edu/sph/epo/prevention_agenda_webinar_bf_dec16_jan17.shtml
- Recorded programs, resources and materials available at: nyspreventschronicdisease.com

Webinar Guidelines
- Turn on your computer speakers for sound
- Please designate one person at the computer
- Adobe Features you will use today: Chat Box

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- You can earn CNE, CME, CHES or LCERP credits for this webinar
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• Funding for this program is provided by the New York State Department of Health.

• No commercial funding has been accepted for this activity.

Making it Work:
Improving Worksite Support for Breastfeeding Mothers

Cathy Carothers,
IBCLC, FILCA
Every Mother, Inc.

Learning Objectives

After viewing this presentation participants will be able to:

• Identify at least two ways to help breastfeeding moms prepare for their return to work;

• List at least two solutions for facilitating worksite support for moms; and

• Describe strategies for empowering breastfeeding moms to approach employers for breastfeeding support at work.

Women with children are the fastest-growing segment of the work force today
70% of women with children are in the workforce

Poll #1

What do you think women would value MOST in the way of breastfeeding support at work?

What was Your First Job?

Barriers at Work
Time to Express Milk

Child Care Support

Employer Support

Low-Wage Job Challenges
Lack of Autonomy

<table>
<thead>
<tr>
<th>Job Reality</th>
<th>Low-Wage Earners</th>
<th>Middle Income Workers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can Take Off to care for Sick Child</td>
<td>24%</td>
<td>54%</td>
</tr>
<tr>
<td>Have a say in when to take breaks</td>
<td>33%</td>
<td>57%</td>
</tr>
<tr>
<td>Have a say in the start/quitting time</td>
<td>12%</td>
<td>26%</td>
</tr>
</tbody>
</table>

Statewide Research in New York

Be Her Voice

Federal Legislation
State Legislation – New York

Poll #2

How is the New York breastfeeding legislation different from the federal legislation in supporting nursing moms at work?

New York Making it Work! Toolkit

Reasonable Break Time
Private Space

No Bathroom!

Private and Free from Intrusion

Exempt vs. Non-Exempt Workers
Mom’s Goals

Preparing to Return to Work

New York *Making it Work!* Toolkit

A Great Start to Milk Production
Frequent Nursing

Breastfeed Exclusively

Making the Most of Maternity Leave

Get Help
Preparing Baby

Introducing a Bottle – M.O.M.

Practice Feedings!

Try When Baby Not Overly Hungry
Try When Baby is Sleepy

Let Others Feed the Bottle

Try Other Feeding Methods

Don’t Make it a Battle
Child Care Considerations

Feeding Practices?

Source: United States Breastfeeding Committee

Proper Milk Storage?

Milk Handling?

Source: Indiana Perinatal Network
Onsite Breastfeeding Supported?

Engaging Family for Support

New York *Making It Work!* Toolkit

Back at Work
Encourage a Trial Run

Phase Back to Work

Magic Number

Using the Supply
Direct Breastfeeding at Home

Some is Better than None!

Rebuilding Production

Feed More Often at Home
Breastfeed at Night

Express Fully

Check the Pump

Power Pumping

©Texas Department of State Health Services
Pumping Tips

Pumping Schedule

7:15  Drop baby off with childcare provider; feed the baby
8:00  Arrive at work
10:00-10:20  Break - express milk
12:00-12:30  Lunch break – express milk over lunch
2:30-2:50  Break - express milk
5:00  End work
Feed the baby at childcare provider before going home

Working with Supervisors

Begin during Pregnancy
Focus on Mom’s Needs

Share Information

Document the Request

My Lactation and Work Plan
Dealing with Coworkers

Bring Baby to Meet Coworkers

Be a Team Player

Poll #3

At what types of businesses are moms in your community most likely to be employed?
Space Solutions in Non-Office Settings

Fast Food Restaurant

Hotel
Empowering Moms

Case Example #1
A single mom of a 1-month-old baby works two jobs to make ends meet. During the day she works at a child care center. She then goes to a restaurant to work the busy dinner shift. Her mother cares for her baby and her 2-year-old while she is at work.

Case Example #2
A pregnant Hispanic mother who speaks little English works in a meat-packing plant. She tells you she is considering breastfeeding, but is not sure how she would be able to do it at work due to the rigid schedule workers follow. She does not want to be considered a “troublemaker.”

Case Example #3
A hospital nurse’s aide has returned to work but is running into problems getting support from her co-workers to cover for her when she needs to express milk.
Thank You!

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QUESTIONS?

Please visit  
nyspreventschronicdisease.com  
to fill out your evaluation & Post Test  

Thank You