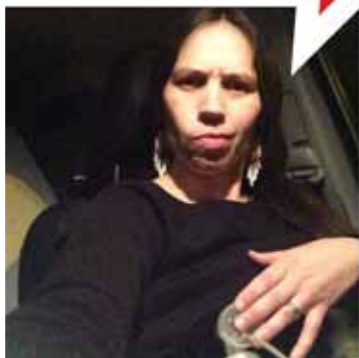


#IPUMPEDHERE



**Together we can bring women out
of bathroom stalls and into the
pumping rooms they deserve!**

MomsRising.org | MamásConPoder.org

MomsRising.org

Dear Members of Congress,

Airplane bathrooms. Parked cars. Utility closets. In a cubicle with absolutely no privacy. These are just some of the places that breastfeeding moms who work outside the home have had to pump breastmilk because they didn't have access to anything better at work.

In fact, right now 60% of working moms find themselves pumping in less than ideal places. It shouldn't have to be that way and working together we can help change it!

That's why MomsRising, together with our partners at creative agency, WongDoody, launched a "laugh (so you don't cry) and then demand change" campaign to bring breastfeeding women out of the bathroom stalls, inside from the cars, and into the pumping rooms they deserve.

Over 13,000 of our members from across the country have signed on to the below open letter to Congress:

Dear Lawmaker,

As one of over a million MomsRising.org members across the country, I urge you to support mothers and their babies by expanding protections for breastfeeding moms who work outside of the home.

While nearly four out of five U.S. mothers start out breastfeeding, less than half are still breastfeeding at six months postpartum. One of the main causes for the drop-off in breastfeeding rates is the lack of break time and a private place to pump in the workplace.

Currently, federal law requires employers for most hourly wage-earning and some salaried employees (nonexempt workers) reasonable break time and a private, non-bathroom location to express breast milk for one year after the child's birth. This is a great first step, but it leaves millions of workers without any protections at all.

We must close the gap in the law and expand protections for all breastfeeding mothers who work outside of the home.

Additionally, hundreds of moms have shared their stories and pictures about needing better places to pump breastmilk. You'll find a selection of those stories and pictures in the following pages.

The stories and pictures in this booklet represent a small sampling of working moms across the country who struggle to meet their breastfeeding goals. Right now far too many moms plan to breastfeed but hit seemingly insurmountable hurdles when they return to work including the 60% of moms find themselves pumping in less than ideal places.

Breastfeeding isn't just good for moms and babies. The fact is that breastfeeding is good for the physical and economic health of our nation. Recent studies have shown if mothers could meet current medical recommendations for breastfeeding it would save the US economy nearly \$13 billion per year in paediatric health costs and premature death.

With three-quarters of moms being the primary or co-breadwinner these days, we must close the gap in existing law and expand protections for all breastfeeding mothers who work outside of the home. Sadly returning to work is too often a significant barrier to breastfeeding, but we can do better. Please support all breastfeeding and working moms.

Together we can bring women out of the bathroom stalls and into the pumping rooms they deserve!

Sincerely,

Kristin Rowe-Finkbeiner, *Executive Director/CEO*

[1] Univ. of Minnesota Academic Health Center National Study\ [2] Break Time for Nursing Mothers under the FLSA [3] Breastfeeding and the U.S. economy, NCBI
[4] Surgeon's General Call to Action on Breastfeeding

I have personally pumped and breastfed in all kinds of awkward places: my car, bathrooms, and on benches in public spaces. Moms need private places, not only for the moms' privacy, but also to help the baby focus and not become distracted.

– **Shannon, Huntsville, AL**

Mothers deserve courtesy and respect. Please provide privacy in the workplace for ladies to provide nourishment for their child.

– **Jane, Birmingham, AL**

I personally have no children but I know many women, breastfeeding mothers who struggle multiple times a day to do an imperative job. They must pump breast milk in order to feed their child. It is absurd that lactating mothers are told to pump in restrooms (gross!), are given “empty rooms” where they are constantly walked in on or have to deal with someone banging on the door to get into another temporarily vacated space. Humiliating and degrading. Have a little respect for the women you want to call mothers. While you're at it cover her healthcare costs and paid leave-a decent amount. You refused her birth control and legal access to safe abortion services. You share a great responsibility in this society you have weaved. It's time to step up.

– **Tinika, Fayetteville, AR**

It is insanitary to be breast pumping in bathroom stalls. Men, get your stinking thinking out of the gutter and start acting like you care for the welfare of children, your own included. America is one of the few civilized(?) countries where women can't breast feed in public and doesn't provide safe and sanitary conditions for pumping. Shame on us!

– **Surya-Patrica, Phoenix, AZ**

As a breastfeeding mother who had to return to work after the birth of my first child, I relied heavily on the safe, clean area my company provided for new mothers. Without that space I would not have been able to maintain my commitment to breastfeeding my child. We must make sure all mothers have this support and protection.

– **Manya, Scottsdale, AZ**

I am a medical professional and still faced harassment when returning to work but wishing to give my children the best possible healthiest start - from those who knew what was best for my babies. They requested I return due to under-staffing and still complained about the pump-

ing done during lunch and breaks and storage of the milk. Though they had no problem giving smokers extra breaks to feed their harmful habit.

– **Karen, Escalon, CA**

I personally had to pump in a bathroom and it was disgusting! We need better supports to give our babies the best nutrition for the first year of life!

– **Elena, Mountain View, CA**

I pumped at work for 15 months. I was fortunate enough to have a private office with a lock. Even so, I often found myself pumping on the way to pick up my son because there just was not enough time for both work and to accommodate my pumping needs. I hear stories each day from women asked to share rooms for pumping, given strict time limits, or pressured to put work above their babies' needs.

– **Christine, San Clemente, CA**

My wife used to pump in the car in an underground garage for our first child. It got so the smell of noxious exhaust fumes would cause her to lactate! Let's honor moms by making it easier to breast-pump for their babies.

– **Gregory, Castro Valley, CA**

I was lucky to have a place to pump, but many of my friends were not so lucky. Every mom deserves a clean, quiet and private place to pump!

– **Adora, San Jose, CA**

Working and breastfeeding go hand in hand in a healthy economy and healthy families. Please do your part to get women out of dirty bathrooms and hot cars to express their liquid gold.

– **Patty, Alameda, CA**

My first son was born more than 19 years ago. When I returned to work at a small startup, I pumped in the bathroom. Yuck! This is an important protection.

– **Audrey, San Mateo, CA**

My own breast-pumping experience included having to pump in my parked car, furtively in the corner of a practice room, and, most awkwardly, in a janitor's utility closet. At the time I figured that was just the way it was - but WHY? There is nothing shameful about pumping and it's quite uncomfortable to delay pumping when you are a new mother. Please partner with breastfeeding women workers so they can continue to work and have a public life without shame.

– **Esther, San Francisco, CA**

 **Jen Thieme Kehres** @AmigoJen
 @IPumpedHere a dirty, tiny bathroom on an
 @Amtrak train, and there wasn't a space in
 Chicago Union Station either. #ipumpedhere



 **Dawn Shirreffs** @DawnShirreffs
 Mechanical room at Perfect Vodka stadium
 #ipumpedhere



#IPUMPEDHERE

 **mamatakesflight4R**



mamatakesflight4R Lavatory pumping anyone?
 Hahahaha when you don't want to pump in crew rest
 because of the sound.... thank goodness for my
 Medela Swing, I can hang it anywhere! (I had just
 turned it on, hence no milk yet)

Pro-pumping on the go tip: if you will be pumping
 in the lav and it's going to take a bit. let a flight
 attendant know so that no one bothers you!
 Sometimes if someone is taking too long in the lav
 we will knock on the door to make sure they are
 okay (safety/security reasons)

#a330300 #longhaul #pumpingmom #pumpingmama
 #medelabreastpump #medelaswing #mother
 #ipumpedhere #crossingthepond #falife #crewlife
 #flightattendantproblems #lactatingmom #lactation
 #breastisbest #breastfeeding #pumpingonthego
 #normalizebreastfeeding

"When my first child was born, he was delivered by vacuum delivery, and something got tweaked in his neck. This affected the latch on. For the first three months, breastfeeding was really painful. My son bit down to eat since he couldn't move his neck. We worked with several different breastfeeding resources through our hospital, they were all so supportive in helping me get through this difficult period. They finally suggested a specialist who helped with my baby's neck, and afterwards, feeding went fine and I could breastfeed with no further problems. When my second son was born, I knew I wanted to breastfeed again like I did for my first but I didn't realize that it was also the only choice. My son was allergic to all other milk of any sort. No formula worked as backup, he was allergic to them all. When I went back to work, I struggled with producing enough milk to feed him while I was gone. Not having an office, I found myself needing to pump while driving, while parked in the back of restaurant parking lots, in bathroom stalls. All very stressful and still I could not enough produce enough milk to feed my son. I couldn't afford not to work and he needed to eat. I found a Milk Bank in San Jose that saved our lives. They supplemented the milk I couldn't produce at \$3 an ounce. I understand the cost given what they do to keep this milk safe, but it was incredibly expensive, and my only choice. At that time, in 2006, there were only 3 milk banks in the entire U.S. I was very lucky to have one only an hour away from our home. I don't wish this on anyone but I am so grateful there was something out there."

- Margaret, Oakland, CA

I pumped during work in a restroom. That was the only accommodation and private place my employer was able to provide.

I was grateful they were accommodating with what they had and was able to breastfeed for over 7 months post-partum. I want other mothers to have the same chance and maybe even go longer!

- Jacqueline, Pacoima, CA

I was very fortunate, almost 29 years ago my employer did accommodate my pumping. I wasn't aware in this day and age that so many woman are not being accommodated.

- Deborah, Palm Springs, CA

I was fortunate to have a job that provided me a clean, private place to pump. Please help other mom's too.

- C, Azusa, CA

Having pumped milk in my graduate-student office, in bathrooms, in airport bathrooms, and traveling internationally, I am fully in support of EVERYTHING that supports breastfeeding families.

- Joanna, Santa Cruz, CA

I have had to pump in bathrooms and awkward places as well and I think it is high time for change!

- Sandra, Del Mar, CA

 prettysleepylife



prettysleepylife Stopping to unhook the pump and grab a coffee on my way up to Duluth


#ipumpedhere #exclusivelypumping #medela
#drbrowns #pumpingmom #fedisbest #narcolepsy
#cariboucoffee #workingmom

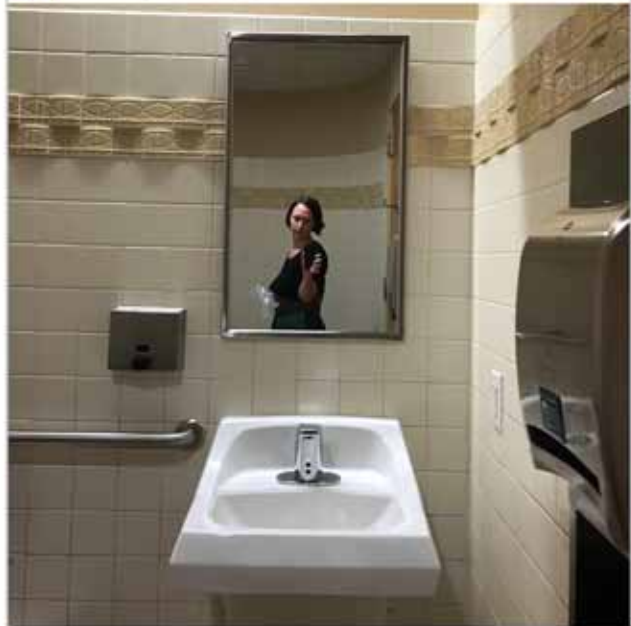
 Mammaway



Mammaway That morning commute into work is a killer! But I'm pretty sure @singaporeair is the most #momfriendly one out there.

#IPUMPEDHERE

 thenightbakery



thenightbakery That pump life. Why am I pumping in a bathroom? Because despite being given a gorgeous conference room with a view of the lake, I realized I need access to a sink. Because I only brought one set of pump parts. Because I'm used to having a sink where I pump. But then I realized washing my pump parts in a bathroom sink is foul so I'm going to wash them and then skip my last pump of the day. This is life being a breastfeeding working mom. And I'm lucky and spoiled and whatever by having a pump room with a sink where I work but you know what? It's still bullshit. It should be easier for a working mother to also provide her baby the best nutrition. Every large facility should have a room available, with a sink, because it should just be a normal part of life. But it's not. Which is why I'm sharing a photo of myself pumping. In a bathroom.
#normalizebreastfeeding #normalizepumping
#ipumpedhere

When I returned to work, there weren't any pumping accommodations, so I had to pump in the bathroom that was shared by all women in the office. Fortunately, there were only two of us at the time, so I didn't put her out too much. I had to walk by all the guys in the lab and unfortunately a creepy co-worker who never failed to ask me about it. "Going to pump now?" With a weird smile on his face.

At lunch, I would drive to a nearby park, find an isolated spot in the far parking lot, and do it there. It was actually so much nicer out there in public. I kept at it, but I have many friends who stopped much earlier than they wanted to, because of conditions just like mine or worse. We shouldn't have to sacrifice our children's well being for something that can be so easily fixed.

- Cara, Tracy, CA

As the mother of a currently breastfeeding mother who also needs to have a job and a life, I know how important this is!

- Jean, Berkeley, CA

I am a breastfeeding working Mother and having space and time to pump is essential for working mothers who breastfeed!

- Michelle, San Dimas, CA

I have been fortunate to work for a company that provides great facilities for nursing mothers (Sharp HealthCare). Other moms and babies deserve the same. Being able to pump at work has allowed me to continue breastfeeding each of my three children after returning to work. It's also helped to keep me a productive and happy member of the workforce. Everyone wins when moms are given the time and space to pump at work.

- Laura, San Diego, CA

I ran a block and a half and back twice during my work day to breast feed my daughter, being blessed enough to find a caregiver so close by...I support anything, short of the criminal, that makes breastfeeding for every mom a time of joy, love and bonding.

- Sue, San Francisco, CA

When I was nursing, I over-produced milk. Over two pregnancies, I pumped 11 extra gallons of milk that I was able to donate to the local Mothers' Milk Bank to be given to premies and other fragile babies whose mothers could not make milk or could not make enough. Supporting pumping not only helps the mothers' babies, it also helps

hundreds of other families.

- Lori, Denver, CO

I breast fed all 3 of my children! The workplace should be required to accommodate them.

- Elaine, Portland, CT

My daughter-in-law would come home in pain, leaking milk. She was forced to work in that condition. That's not right.

- Patricia, Lewes, DE

I proudly breastfed my daughter for one year. I had no designated place to pump at work and experienced the embarrassment of my boss walking in on me as I pumped. Women must be allowed the time and safe comfortable space to pump! It's not for her as much as for the babies getting superior nutrition.

- Deborah, Winter Haven, FL

I currently have to pump in a storage room at my work facility. A slide bolt was installed on the inside for me because at least once a week someone needs to retrieve supplies from the room while I am pumping. It is unsettling, and not conducive to efficient pumping!

- Amanda, Wesley Chapel, FL

I pumped in a parked car and that was difficult and embarrassing.

- Lina, Miami, FL

As someone who has fought for the right to pump, pumping in my car, bathrooms, storage rooms, and even exposed areas when I had too, I know first hand how even when you have a "right" to pump, that doesn't mean your workplace will make it easy. Please help us promote nutrition and health for all babies by helping mothers successfully pump at work.

- Rachel, Intercession City, FL

I breastfed both my children for a year. It was one of the most rewarding things I have done as a Mom. When I worked and had to pump, I had to do so in a closet filled with equipment. I still remember the uncomfortable situation and how I could do nothing to improve that situation. Don't moms deserve better?

- Leslie, Alpharetta, GA

I breastfed all three of my children and they have done this with theirs as well.

- Mary, Pahoa, HI

"I wish that breastfeeding I had more support, in the workplace, in particular. I had to pump - and was only allowed to on my lunchtime, NOT enough to maintain my breastmilk supply - in my car! Only when it became so freezing outside (in Chicago area) did I then have to go inside to a cramped bathroom with no counter space for supplies. Since that didn't work out (the lack of a 'sterile' environment), I eventually did gain use of an empty office – which the marketing guy was constantly trying to get into because he kept boxes of promotional junk in there, which I had to dodge with my lunch and breastpump (etc). I REALLY wish there was a legal mandate supporting nursing moms so that businesses were required to honor the (~2) breaks (in addition to a lunch break) which we could use to also pump when we have to be away from our babies! Thank you!"

– Lauren, Buffalo Grove, IL

Breast feeding is the best practice for healthier kids/adults. The US is so far behind Europe and the OECD (wealthy countries) in regards to breastfeeding rights and responsibilities!

– Tlaloc, Kailua Kona, HI

Women should have the right to pump milk while at work. Breast feeding provides the best nutrition for a child's development.

– Jean, Huxley, IA

I am lucky. I have a dedicated lactation room at my place of work. I nursed to 17 months with my son and my daughter is currently 9 months and we are going strong. Having a private space and adequate breaks makes a huge difference!

– Samantha, Chicago, IL

I had to pump in the car and various restroom stalls to feed both of my babies while I worked. Not fun!

– Bonnie, Chicago, IL

Although I worked at a job that supported breastfeeding and pumping, many women do not. If you support pro-life

then you support breastfeeding and pumping at work. If you are pro-life the you support breastfeeding in public and you support breastfeeding anywhere because feeding a baby is pro-life.

– Chrystal Nisius, Burlington, IA

I pumped in a storage closet at work with just enough space to stand.

– Holly, Olympia Fields, IL

The place I work now is a restaurant and we don't get breaks and there is no private room to pump breast milk. My friend there is pregnant and I don't know how she'll be able to breastfeed and work there at the same time. Not everyone has the opportunity for a better job. This is not fair.

– Andrea, Palos Hills, IL

I had to leave my job because they wouldn't allow me adequate pumping time and space. No mother should have to chose between going back to work or breastfeeding their child!

– Ashley, Carol Stream, IL

liquidgoldto1yearold



liquidgoldto1yearold Woodbury Commons Premium Outlets have nursing rooms. Not exactly top of the line for cleanliness but I got the job done. I forgot to take a pic of my 5oz. I was too busy watching an inch worm slink around with a piece of hair stuck to it. I did a half hour with my s9 and for some reason I didn't get my full letdown until the 25th minute and that's when I got most of my oz. I don't know why it took that long, maybe bc I was trying to balance myself on the "cleanest" part of the rocker. So this can be considered my review of my first pumping/nursing room visit. Wasn't terrible but it would have been made better to have a wooden rocker no cushion and some sanitizer wipes since bodily fluids MAY have been on that chair and it kind of skeeved me out. Overall... I'm just thankful for the privacy this time! #ipumpedhere #momspumphere #pumpingrooms

#IPUMPEDHERE



Alicia Chastain @ChastainDesign

Circa 2012 working for #wellsfargo in SF, #ipumpedhere ... a storage closet only accessible by walking through a large conference room.

bryttany.hyde



bryttany.hyde The lactation lounge here is very relaxing. They even have a mini fridge! Thank you @BlogHer for the support!

I mentioned that I like to look at a picture of my baby while I pump but FaceTime is even better!

What are your best pumping tips?

#hustleorhyde #BlogHer17 #lactationlounge
#ipumpedhere #lactationsupport #imakemilk
#breastfeedingmoms #bwdbf #pumpingmoms
#makingmilk #missingmybaby
#extendedchestfeeding #extendedbreastfeeding



I breastfeed my baby for 15 months because studies showed it was the healthiest option for my child and could boost her immunity (less days home sick from daycare = less days I would need to stay home from work to care for her). During that time, I pumped for 12 months while I went back to work. I pumped as many as four times a day, including in the car on my way home from work. I figured out how to write emails, analyze spreadsheets, and dial into meetings while attached to my pump. I found efficient ways to get my total pump time to 20 minutes to minimize my time away from my desk. When on a trip, I spent 30 minutes manually pumping in an airport bathroom stall because I couldn't find a designated pumping spot during a layover. Breastfeeding and pumping is an arduous task that is made all the more difficult when you are not allowed designated times and places to pump. Please preserve the ACA and continue to enforce these protections to ensure these rights are available for mothers.

– Jane, Oak Park, IL

When at conferences or on audits in my male dominated field, I often am forced to pump in the bathroom simply because no one involved even knew where the mother's room was. In one recent conference, I requested a mother's room, but the male conference organizer had no idea that it needed to be scheduled. So it was busy during my one break time.

– Tamara, Chicago, IL

I pumped in a file room or a conference room that didn't lock. And I had to wash my equipment in a dirty bathroom.

– Lindsay, Riverside, IL

I did this gig, a while back and non-breast-feeding individuals just do not get the message. The restrooms are full of bacteria, a lounge area with couches would be more appropriate.

– Alexxia, Oak Forest, IL

I chose my career as a theater director in part because I knew that I would be able to bring any children I might have with me and nurse them while I worked. I've been working with my daughter in tow her whole life, she attended her first Shakespeare performance at two weeks old and nursed the whole time.

I don't mind breastfeeding in front of others but most women want a quiet, clean, cozy place to feed their babies (if they are lucky enough to have them with them) or pump. It has been shown that the mother's breastmilk provides immunities to their currently nursing children

for two years after birth. Don't prevent mothers from offering this protection to their children just because they reach a birthday.

– Nora, Naperville, IL

When I had my kids and was working there was no place to pump but a bathroom stall. While you may think this is acceptable because it offers privacy you have to think in large offices you are basically holding up the line and your co-workers aren't happy about it. Also there is not enough space for all the items you need to pump and its gross to think about the germs you are picking up and giving to your baby. Please help working mom's to be able to go back to work while still breastfeeding.

– Shannon, Underwood, IN

As a nursing mother who has nursed both of her children for over a year comma this is extremely important to me. I spent countless hours pumping at work. I was lucky because my workplace was supportive of pumping but there are others that are not. Please don't make being a working mom any harder on those of us who are in that role.

– Gretchen, Noblesville, IN

As a nursing mother, I have pumped in my car, a public bathroom, etc. We need maximum support and opportunity for women in all locations, workplaces, etc to have safe, clean spaces for pumping and time to do so.

– Tai, Lawrence, KS

I have seen the life-changing health benefits providing breast milk for my premature son has bought. I have also experienced the frustration of needing to pump very frequently and in makeshift places. We need to make pumping as easy as possible for women- breast milk is a public health issue. Women shouldn't have to choose between a job and providing their families health. As a nurse who works with mothers after delivery, I see too many mothers choose never to start breastfeeding because they just don't see it as a sustainable option once they return to work. Help us all improve the health of our newest citizens by supporting mothers to breastfeed!

– Cristin, Owensboro, KY

Breast milk is very important for infants!

– Donna, Sunset, LA

I nursed my son's while I worked. I had to use a bathroom stall and sink for everything. I had to rush to complete within short breaks. I was stressed and it impacted me.

– Sonja, Somerville, MA

 **Anayah Rose** @anayahrose

I thank the heavens my pumping days were in grad school during w/ ACA. Too many of my friends had to pump in bathroom stalls!
#IPumpedHere




#IPUMPEDHERE

 **rachaelsirianni**



rachaelsirianni So. Many. Cars. #ipumpedhere
#pumpingmom #pumpingmama
#normalizebreastfeeding

 **Leann Ann Yonker**
@LeeAnnYonker

Vegas for business with the hubs. Gotta make milk for our seeet baby girl!
#IPumpedHere #airport #casino #FreemieCups #MomOf3 @IPumpedHere



“When both of my kids were born, I was able to return to work and continue breastfeeding because I had an office with a door that locks. That alone gave me the privacy and flexibility to pump while not interrupting my work day. All women should be lucky enough to have a private space to pump that includes a door with a lock, someplace to sit down, some sort of countertop, an outlet, shades on the windows, and ideally a computer if applicable so they can continue their work.”

– Liz, South Easton, MA

I breastfed both my kids to 16 months and pumped to 12 months. I traveled extensively cross-country and pumped all along the way. I’ve pumped in bathrooms, airplane seats, in busy terminals and in rental cars. We need to support working moms in their desire to feed their babies!

Please protect the provisions won in the ACA and expand legal protections for working breastfeeding moms by requiring employers and public places, like airports, to provide private accommodations for breastfeeding moms.

– Julia, Westford, MA

I am fortunate to have a private office that allowed me to pump for 8+ months for my two children. Having to be away from my babies was so hard (parental leave in this country is pathetic and completely illogical—we are told to breastfeed for a year but we can’t even be with our babies for a year), and I can only imagine how hard it would be to stress about when and where to pump if I didn’t have my own office. Not to mention the financial impact of having to switch to formula.

– Julia, Arlington, MA

I personally went through this battle back in 1997-98. A bathroom (for me, a drive to another building) or leaving the building (In snowing New England winter to go to my car parked on the street) is NOT a reasonable option to breast feed or pump breast milk. Six months of that until an ACLU attorney helped me win the right to have a closet cleaned out to pump breast milk. Breast milk is NOT excrement. It is food. Producing breast milk is normal after hav-

ing a baby. Breast milk and breastfeeding shouldn’t still be “in the closet”.

– Pamela, Boston, MA

I pumped at a restroom at LAX.

– Suzanne, Lexington, MA

I have had to pump under a male co-workers desk on a regular basis due to lack of designated or sanitary places express milk.

– Rachel, Somerset, MA

Not only did I pump in a bathroom, but my employer never mentioned or addressed pumping concerns - I was tipped off by a co worker who had recently gone through the same experience to use the “emergency” bathroom that no one else ever used (and I didn’t even know existed!). I’m not even sure how often it was cleaned.

– Sara, Leicester, MA

I felt fortunate to have an office where I could close the door and express breast milk. All women deserve a safe space where they can express milk for their infant waiting at home.

– Christine, Takoma Park, MD

Healthier kids mean everyone does better, including kids, parents, employers, insurance companies and more.

– Steve, Brunswick, ME

“I would not have been able to continue to breastfeed my son after going back to work if I had not had such a high quality breast pump! My insurance covered the machine with a prescription from my doctor for ‘engorgement’ but I think every woman going to work needs a high quality pump like I received. The Medela advance comes with everything you need to pump both breasts simultaneously, and as efficiently as possible, which is a must when trying to fit pumping into your busy work schedule. I am also extremely thankful that my workplace has an official ‘wellness’ room designated for breastfeeding mothers.”

– Amanda, Ann Arbor, MI

The uncomfortable and often dirty/humiliating places that were made available to me while I was breastfeeding and pumping at work is shameful. I stuck with it because I knew how important it was for my babies, but those conditions were and are unacceptable.

– Hallie, Farmington, MI

I breastfed to 1 year. Pumping is difficult, let alone having to be in a non-private, unsanitary location to use the equipment. Support working mothers! And give children a healthy start.

– Rebecca, Livonia, MI

I had to stop breastfeeding my son because I didn’t want to sit in a bathroom stall and pump for bottles.

– Teresa, Farmington, MI

I was very fortunate that while I pumped at work for the first year of both my children my employer was very supportive. By them being so supportive my kids were and still are very healthy and I have not had to miss work to take care of sick children because of my employer’s support.

They even told me that if I only took a few minutes I didn’t even have to punch out because, “if other people don’t punch out to go for a cigarette break, you shouldn’t have to either because what you’re doing is more important”. My hope is that someday all women will have such sup-

portive employers.

– Michelle, Kenny City, MI

As the primary breadwinner in my family and an executive, I can attest to the issues and lack of resources for breast-feeding moms in the workplace.

I was met with shaming comments, a lack of space (I was put in a mechanical closet that was infested with mud wasps and spiders) and very little support in my schedule to accommodate. Please support our children and working mommas with more legislation to fight bias.

– Courtney, Rockford, MI

I myself have had to pump in a back stall in a bathroom at work. Was never given time to do this. Some days I could not even do it. Was made to go 8hrs and experience painful moments. Wish my employer would have been better to the women.

– Lisa, Hastings, MI

I am a mother of two babies who were breastfed each for one year. I was lucky to have a workplace that supported me in this effort but unfortunately far too many mothers are not afforded these options.

The immense physical, emotional and economic benefits for mother and babies are tremendous. please support this!

– Theresa, Saint Cloud, MN



Camie Goldhammer @nabcwa_camie

#IPumpedHere In the car after I was told to pump in the bathroom at a Native Traditional Foods Conference.



ghanima81



ghanima81 The things we do for our babies!
#momlife #pumpingmom #breastfeeding
#workingmom #freemies #scars #blueeyes
#healthybabies #ipumpedhere



mimoqia



mimoqia Yep, I pump on the train. Everything I do, I'll do it for my baby.

Dear Moms, You're not alone.

#pejuangASI #pumpingmom #eping #bayiasix
#bayiasi #aventphilips #aventphilipsindonesia
#ipumpedhere

#IPUMPEDHERE



Tina Sherman @TinaShermanNC

#tb to when I was pumping every 2 hours while the twins were in the NICU. I pumped in the hospital, my car & dressing room.

#iPumpedHere



I nearly knock down my bosses office door not understanding why my boss was not answering the door when she was clearly in the office. Yes, this office had glass wall with strategically placed wash out area to give “some” privacy. I only found out much later that she was pumping in her office. As I am typing this I thought why didn’t she just hang a sign? It was a sign of the time. You simply don’t do that. You don’t call out that you are different and need some time to yourself. You don’t demand that there be access to clean and comfortable environment to pump.

I kept picturing her in that office trying to do what’s best for her baby while freaking out that someone can literally walk in on her any moment. Yes, all of us employees were directly outside her door.

– Gisela, Eden Prairie, MN

As an RN in the Osseo School District I observed the embarrassed Female Teachers and staff make their committed and determined efforts to provide for left at daycare infants by pumping in the Health office bathroom-a very unsanitary place! This occurred in a work culture of predominantly women.

– Kim, Pequot Lakes, MN

This one is extremely important to me! I nursed my son for nine months postpartum, but my sitter had to use formula in between nursings. I was told I couldn’t do that by the pediatrician, but my son and I did it. The option of expressing at work didn’t exist. This was 40 years ago. Keep working four your rights, working women who are or want to be moms!! Each generation has made progress!! They won’t legislate us back to the 1940’s. A LOT happened after WWII. They needed us then to fill in - for the “”War Effort””. Just to be clear, I don’t personally remember WWII!

– Gayle, Minneapolis, MN

I nursed my two kids for one year and worked full time as well. I was even in grad school with my first. I pumped in all kinds of places. I truly wish there was more support for moms and healthy kids.

– Amanda, St. Louis, MO

I pumped for months after returning to work with both my boys. It was often a struggle to get my employer to give me my pump breaks when I needed them. I heard such ludicrous things as: “now isn’t really a good time for me” and “can’t you just hold it?” I often had to keep insisting to such a degree that by the time I was finally, begrudgingly, granted my pump break I was too riled up to have let down.

I want to urge lawmakers & employers to see pumping moms not as hampering business or creating a nuisance, but as simply doing putting the needs of their babies first. And who could balk at that?

– Katherine, Springfield, MO

I was lucky to have an office, but others had to use the restroom.

– Eva, Fulton, MO

Thankfully, I had a clean, comfortable area to pump at work after my son was born. This allowed me to breast-feed for over a year – which I believe made for a happier, healthier mom and baby! I believe we must make sure all new moms have this opportunity.

– Tayleigh, Missoula, MT

The options for moms to pump are very few. Mine was an office that would give u no privacy. My daughter’s option was the bathroom or the office where u didn’t have any privacy. We have not changed much in over 20 years sad.

– Debbie, Butte, MT

I fed 3 children and without designated areas which were geographically feasible to my work space. I’ve pumped in restrooms and closets. Making this change is a no brainer!

– Angela, Hillsborough, NC

As a teacher, I pumped in a closet and brought a cooler to store my milk until heading home. Thankfully, I had a dear, sweet co-worker go to bat for me to even locate the space as I was making my way back after summer break. It’s time to legislate in support of family values and support our working families.

– Rachel, Carolina Beach, NC

I had to put up screens and pump in the same space that my coworkers were working in.

– Audra, Apex, NC

When I was breastfeeding I had to travel to clients as part of my job. Many had no facility to accommodate me and often found myself pumping in my car or worst the bathroom. Even when I was at a conference at a hotel where they could have let me borrow a room there was only a bathroom offered. Do you eat in your bathroom because I don’t and didn’t expect my son to either.

– Kirsten, Cary, NC

I pumped for almost 18 months after my daughter was born. Despite working for an employer that fell under the federal regulations for pumping space, I was forced to pump in a bathroom because it was “too much trouble” to make room elsewhere in the building despite unused space being available. This is unacceptable in our country.

– Kyle, Cary, NC

The worst place I've ever had to pump breastmilk for my child was a horrible bathroom in BWI, on the way home from my grandmother's funeral. In workplaces and public places like airports, we need to support babies and their moms.

– Fawn, Raleigh, NC

I am a working mother of three....still nursing my third baby...I pumped for each of my babies for a full year at work, often feeling pressured by colleagues to decrease my pumping time, and I work in a university counseling/health center that is pretty understanding!

I was fortunate to have a private office to pump, but only in the last couple of years have found that accommodations for pumping at conferences etc. are becoming more available and accessible for pumping mom's...this an essential health benefit for babies, mom's, and life-long health.

– Nicole, Omaha, NE

Pumping is hard work; a true labor of love. I did it with my first two children and will likely do it with my last child, even though he will be older when I return to work. I pumped in a locker room where the shower drain was backed up with sewage. I pumped in a room that was infested with drain flies. When I decided to relocate to a storage closet, I was walked in on multiple times, despite posting a sign on the door and announcing to my colleagues my plans and requesting their permission to use that space. But in the end, it was worth it.

Going back to work was so difficult (the fact that American mothers have to separate from their babies so young is a true disservice to society, by the way) pumping while I was at work eased that transition and made me feel connected to my babies. It boosted my baby's immunity so they could thrive in a group daycare setting. It saddens me to see other mothers who want to pump give up due to the type of circumstances I mentioned above. I would love to help pave the way for future mothers to more easily be able to feed their babies the way their bodies were meant to do. Thank you for your time and consideration in this matter.

– Kimberly, Loudon, NH

I worked for myself when breast-feeding, but moms should have access, time, privacy and cold milk storage for the health of their babies at work.

– Linda, Marlow, NH

Breast feeding is the most healthy way to go - let's make it possible for working moms to do it in decent conditions.

– Marilyn, Jackson, NJ

Good recruitment/retaining effort to provide support, although childcare would be good, too! Please don't have childcare without adequate pumping stations.

– Christopher, Eastampton, NJ

I breastfed and pumped, EVERYwhere and ANYwhere I needed to.

– Rhonda, Espanola, NM

The health benefits of breastfeeding babies is only now being understood and they are enormous. I was lucky enough to pump at work for a year or my first child and to walk two blocks to a childcare facility to feed my second baby. I would not have kept my job had my employer not allowed these breaks. Not everyone has that choice, however, I would like it if they did for healthier and smarter children.

– Linsie, Reno, NV

I'm worried about pumping and going back to work in a few months!

– Stephanie, Bronx, NY

I am a working, breastfeeding mother (round 2) whose ability to properly nourish my child should not be dictated by the concern for immediate profits of my employer. Healthy, well developed and nurtured babies ensure a healthy, well developed and nurtured future generation. I am lucky enough to have an employer who understands and adequately supports my breastfeeding needs. But this basic human right for mother and child should not be based on luck of the draw. Please take the necessary steps to mandate these minimum legal requirements for all employees.

– Kezia, Saugerties, NY

O'Hare airport in Chicago I was asked to breast feed my baby in a bathroom. I was in a restaurant booth alone with nothing visible. I refused and asked if he ate his lunch in the bathroom?

– Sandra, Brockport, NY

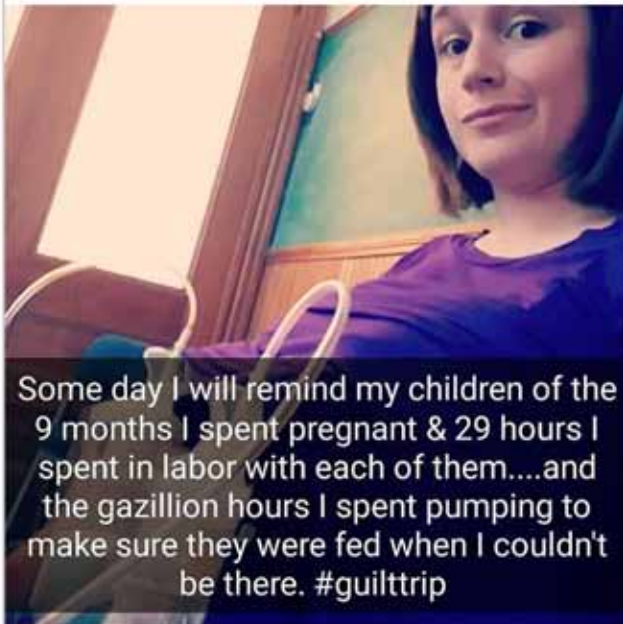


Dani Gonzales @spee_dgonzales

@MomsRising I forgot my snazzy new sticker at home, but #IPumpedHere, hotel bathroom.



miss_alisonann



Some day I will remind my children of the 9 months I spent pregnant & 29 hours I spent in labor with each of them....and the gazillion hours I spent pumping to make sure they were fed when I couldn't be there. #guilttrip

miss_alisonann There better be no "Shady Pines, Ma" in my future! #guilttrip #ipumpedhere #shadypinesma #goldengirlsreferencesfordays #workingmom #traingday #breastfeeding #breastfeedingmom #pumpingmom



helendfitz



helendfitz I consider myself extremely lucky - lucky to have a beautiful family, the ability to breast feed/fed my babies and to have a great job! Traveling is part of my job that I don't mind and most of the time, I really enjoy... Pumping in the Denver airport bathroom (which is currently installing lactation/nursing rooms; thank you @denairport) wasn't the highlight of my work travel experience.... oh, but when the asshole woman in the stall next to me decided to light up a cigarette and I got to tell her how terrible of a person she is - now THAT may have been the highlight of my week! #workingmom #travelingmom #normalizebreastfeeding #pumpingmom Who the hell smokes in an airport public restroom? #ipumpedhere

“Unfortunately when I had my 3 children had to stop breastfeeding after going back to work because we didn’t have a private space to do so and pumping in the company bathroom with 6 stalls was out of the question plus 1 hour lunch and two 15 minutes break would have been enough to set up and pump. Companies should provide a small section where moms could use to pump for their children and refrigerate until is time to go home. I loved the bonding time I had with my babies while I was breastfeeding and when the last 2 had to go to NICU I pumped at home to bring to the hospital and I would pump while I was in the hospital at the section their provided for this in the NICU and I would also breast feed at the NICU so my babies knew mommy was there with them. Anyway this is going off topic but I just wanted to show the sacrifices us mom would do for our children. At the office if I would have had a private space to pump I would have sacrificed part of my lunch and combined my two breaks to be able to pump. My children are now 10, 6 and 2 and I am not having anymore children but it will be a blessing if other moms got the chance plus one day my daughter might be a mommy and she will be able to do it for her babies.”

– Karen, Bronx, NY

The many humiliating places I had to nurse/pump:

- Behind an empty counter at a united airline gates. My coworkers had to make a ring around me so I could have some privacy.
- A display United Plane hull at a museum in Chicago
- Public Bathrooms
- Conference rooms (where I was walked in on several times despite privacy signs)
- Empty classroom
- **LeeAnn, Schenectady, NY**

Even elderly guys like me realize it just makes sense.

– **Ronald, New York, NY**

I was lucky, able to breast fed my baby at my desk because I could in a private office, but not everyone is lucky enough to have a female boss and co-workers who support breast feeding or bringing baby to work for the first year. With no paid leave and returning after only 4 weeks, I was exhausted, it took a long time to recover, more than a year. It turned out o be more than just postpartum, adrenal burn out and thyroid issues on top of stress dealing with autism spectrum child and school systems that are unsupportive nor wanting to pay for alternative placements means working moms have to work even more and shell out more. The system fails working moms at every turn, encourages robbing us.

– **Darlene, Bay Shore, NY**



Donna H. Cullinan @DonnaHoffCull

A little #fbf for #IPumpedHere! Remembering the days that this was truly liquid gold - am I right? Glad I had the ease of pumping @ my desk!



nevermore13rvn



nevermore13rvn When your on a field trip with your oldest and need to pump. Not even the bathroom is available. You ask the bus driver if you can pump there. #ipumpedhere #breastfeeding #breastfeedingmom #normalizebreastfeeding #sowedonthavetohide



stefanuch



stefanuch The struggle is real. My #breastpump set up at DCA airport. Flight delay. No nursing rooms after security and @delta wouldn't allow me to use the #SkyLounge. So much for #delta supporting #breastfeeding mothers. #normalizebreastfeeding #nowayinhellimpumpinginabathroom



Lawncherub



Lawncherub Shady spot, but still. #ipumpedhere #ipumpmilk #ipumplove #ipumpgold @momsrising @ipumpedhere

I am one of those moms who had to stop breastfeeding when my daughter was 6 months old. Working moms and all children deserve so much more support in the U.S.

- Gina, Brooklyn, NY

I work for a company that only gives 6 weeks paid maternity leave and no pumping rooms! So many children are put on bottles and mothers get depressed from leaving their children so early and knowing their child did not breastfeed as long as others!

- Carolyn, New York, NY

I was a breast feeding mom. I needed a safe, private space to pump. It was very very important to keep my children in breast milk. Moms need space and dedicated protected time to pump. Breast fed babies are more healthy - physically, mentally and emotionally.

- Stacey, Tully, NY

As a classroom teacher, i wound up pumping in a classroom that had windows to the hallway and outside, and it was possible for others – e.g. custodians, administrators, other staff – to enter even if the door was locked. Often I set up my pump on top of a washing machine in a laundry room in the school. Women who work outside the home should be able to provide food for our infants in more secure, dignified, and sanitary settings!

- Valerie, New York, NY

I pumped in office supply closets at work. Thankfully my employer has since adopted a policy and provides a room for new moms.

- Carrie, Westerlo, NY

I work retail and have 4 kids. I breastfed and pumped for all 4 of them, but because I'm not a salaried employee I don't have an office. I had to use someone else's office and even if I locked the door it was possible for someone to walk in on me since all of the doors open with the same master key.

In fact, I had that happen several times with one absent-minded manager. He was more embarrassed than I was. They recently did away with most of the office space at my store and I'm not sure where a breastfeeding mother would pump now.

- Ann, Granville, OH

My poor ex-wife! Besides keeping us in income she would take her beaks and lunch to pump for our first son. It was not easy. Her clients premises offered no place to pump,

so she sat in the frigid car pumping with the electric pump we in invested in.

I was enraged that in 2002, after all the years of feminism, the Midwest (OH) remained virtually untouched by these ideas, and this was NE OH which is relatively progressive. It was bad enough in New England, but this was 40 years behind!

- Michael, Akron, OH

Many years ago, I was fortunate to be able to use a private room at work, to pump breast milk for my infant daughter. It was wonderful for us to have that kind of support. She was also an exceptionally healthy chicks.

- Wendy, Columbus, OH

My daughter-in-law speaks highly about the "pump room" where she works, while still nursing an 8th month old. This should be available in all businesses of size.

- Bob, Columbus, OH

The most comfortable place at my work was to pump in my car. Heading to the parking lot was such an inconvenience and the places available to me in the building put out others if I utilize those spaces. The interesting thing is I know how good I had it at work as a breastfeeding mother. I think all moms have the right to be supported.

- Christine, Yellow Springs, OH

I still remember the day I was juggling bottle and boobs expressing milk sitting in a bathroom stall. How sanitary!? I was nearing the 8 oz. mark when the bottle containing 30 minutes of work fell onto the floor. I was devastated. My 2 month baby boy was going to have to drink soy formula.

- Meg, Columbus, OH

What could be more important than honoring breastfeeding mothers who are in the workforce? They are doing some of the most important work in the world.

- Howard, Oklahoma City, OK

I postponed going back to work for a year after each of my children because I knew my workplace did not have a place for me to pump. It was huge financial burden for us.

- Beth, Portland, OR

With all 3 of my pregnancies, I was challenged to find a time and place to pump, inadequately supported in my duties as a new and nursing mom and pressured to return to work quickly and essentially choose between pumping,

breastfeeding and caring for my new born child and maintaining employment.

While understand I had a job to do, it is so incredibly stressful to feel pulled emotionally and have to choose between nursing your baby and keeping a roof over your head and food. And it shouldn't be that way. It is still a man's world! And that is sexist and misogynistic! In two of my jobs, I was forced to pump in the bathroom! Please fix the broken system!

- Sandra, Dayton, OR

I breastfed my firstborn and pumped at work from 3 months postpartum until he was over a year, and I plan to breastfeed my coming twins. Being a breastfeeding working mother is already hard, hard work... please take steps to provide the support and protections we need!

- Amy, Bend, OR

I was the first person to breastfeed at the store I worked at, and I had to pump in a bathroom stall. It was gross and embarrassing when others would enter the bathroom. More women would successfully breastfeed if workplaces would accommodate with a small private space.

- Stephanie, Easton, PA

As a first time mom I had to pump in a bathroom stall, sitting on a toilet. I ended up giving up nursing - and better health to my baby - because it was so difficult to do at the office!

- Mindy, Pottstown, PA

Truck stop restroom. In my car, pulled over in a city park. In my office, where a colleague knocked and barged in. In my child's hospital room, where personnel walked in without warning. 20 years ago I pumped in all those spots and more. Isn't it time we showed greater regard for the health and privacy of all women?

- Deb, Allentown, PA

As a teacher, finding a place and getting time to pump was especially difficult.

- Jennifer, Mechanicsburg, PA

It wasn't a nice experience at work I had the breast pump in a room that had a lot of boxes and it wasn't even private it was like a storage office. One time even one man open the door when I was breast pumping in the room they put me. I had to chose between breastfeeding or stop working so it wasn't a good experience.

- Yassel, Lebanon, PA

I was a working mother who breast fed. Working in the public school system, at multiple schools, I was usually able to use a room in the nurse's office to pump, but occasionally had to pump sitting in the back of my minivan on the floor and hoping the tinted windows were dark enough that no one would see me. It wasn't easy, but it was important to me and I got it done.

- Barbara, Lancaster, PA

My personal story on this subject was when I spent my lunch hour in the woman's bathroom standing by the sink using a mechanical hand pump. It was a slow tedious process in a crude place but it provided in retrospect much needed nourishment to my highly allergic child, who when he was one year old was not able to tolerate cow's milk.

- Maxine, Pittsburgh, PA

I have two children, both of whom I nursed until they were over one year old. As a university administrator, my full-time job requires travel. I have pumped milk in my car, in airport bathrooms and while sitting on the floor at airport gates while on business trips.

I am very fortunate to have a large office with a door that locks and access to a break room with a refrigerator and a sink. This privilege allowed me to pump three times day, every day, at my desk with minimal disruption to my workflow for a total of 20 months. Nurturing my children in this way should not be a privilege, it should be a right. Women should not have to choose between joining the workforce and breastfeeding their children.

By putting up barriers for working mothers we simultaneously push talented women off of their career tracks, which exacerbates the gender pay gap, and we make it harder for children and mothers to receive the documented health and wellness benefits of breastfeeding. I got to where I am thanks to taxpayer support of NIH, which funded my Ph.D. in neuroscience.

Given the amount the American public has invested in me and women like me, it would be a shame to waste that investment due to family unfriendly policies. I urge you to do what is right for women and children and support their health and economic growth by supporting workplace policies that promote breastfeeding.

- Alycia, Wakefield, RI


I was a working mom and pumped at work. It was difficult but I did it for the health of my two children. A bathroom is not the place to prepare lunch!

- KT, Columbia, SC

 **Dani Gonzales** @spee_dgonzales
 Different day, different bathroom. YUCK!
 #IPumpedHere. Shame on @DENAairport for no
 dedicated space! #normalizebreastfeeding
 Cc: @MomsRising



#IPUMPEDHERE

 busyladywithababy




busyladywithababy I joined a special kind of mile high club today. Thanks to a gracious seat mate, an empty middle seat and my @freemieusa cups this experience was not as bad as I thought it was going to be. Now I wonder if I will be so lucky on the way home... #pumpingmom #pumpingonthego #pumpingmommy #pumpingmama #workingmom #workingmomlife #workingmommy #ipumpedhere

 flightattendantmomma



flightattendantmomma Pumping in a closet today. No outlet, so my extension cord is through the hallway... maybe @denairport will put nursing rooms one of these days... or a mamava pod!
 @mamava_vt #normalizebreastfeeding
 #nursingmomsfly #flyingmoms
 #pumpingflightattendant #pumpingmom
 #ipumpedhere #iwantmymamava

 **Dani Gonzales** @spee_dgonzales
 @IPumpedHere #IPumpedHere @NO_Airport
 thanks for the beautiful mother's room. A lovely
 oasis w comfy chair, power outlets, changing tables



"I turned 41 years old 12 days after my youngest son and 2nd child was born. I successfully breastfed him for 3 years! My employer had a pumping room with pump on the labor and delivery floor and all I had to bring was tubing and containers. My son has had one ear infection and is considered robust in health. Total cost for 3 years of breastfeeding: \$0.00. Stains on clothing. Zero allergies to milk."

– Marcelle, Madison, TN

I was forced to pump in a closet at work that did not even have a door that latched, much less actually have a lock on the door. And I worked in the public school system!

I only worked for 2 weeks after returning from my maternity leave before I had to quit because my milk was already starting to dry up from inadequate pumping/nursing. New babies eat very frequently. I guess mothers and babies are just not supposed to leave the house.

– Abbie, Simpsonville, SC

I had to hide in the bathroom while working at an global company, Nissan North America, to pump milk for my first child. It was so hard to keep up with that I unfortunately dried up way sooner than I would have wanted because I didn't have expandable income to afford formula, which was a luxury at the time.

I also found an empty office space to sneak into to but it had been unoccupied for a long time and had dust piled on.

– Danielle, Franklin, TN

As a working mother who breastfed I can say that the support to accommodate me was what I pushed for and had to site federal and local law to get.... I am proud to say I breast fed my son for 16 months by doing this! With mothers having to return to work early compared to every other modern country the fact that we have to push for these provisions is ridiculous.

– Jennifer, Midland, TX

Yes, I pumped milk for my baby in the restroom at school, but there was no other choice, couldn't use the teacher lounge, no other private place. It is past time for a change. I did this 35 years ago, so change is way overdue.

– Cynthia, Garland, TX

I breastfed my children (while working and before the days of electric pumps) and found it one of the most satisfying parts of being a mother. My daughter is now doing the same for her children and everyone is happier and healthier for it!

– Marian, Dallas, TX

I'm a BF mom whom has had to pump at my desk, in bathrooms, and in closets. So there definitely needs to be some type of mandatory requirement.

– Natalie, Horizon City, TX

It's easy to create a mother's room separate from break room.

– Jenene, Provo, UT

My daughter works for a not-for-profit dedicated to providing affordable housing. Thanks to Obamacare, her insurance plan included maternity care and a breast pump. And because her not-for-profit includes compassionate people, she was asked to lead a task force to establish a maternity policy for the organization, and asked for space to be cleared in a utility closet for herself and two other co-workers who gave birth in the same year. Her experience has been a success. Thirty years ago, my experience was not. This country can afford to provide every mother with the choice to breast feed our next generation.

– Chris, Charlottesville, VA

Neither of my babies took to breastfeeding well, so pumping was a huge part of my life postpartum. When I went back to work I had to pump in old offices, sometimes without locks, and push chairs against the door in hopes no one would disturb me.

– Heather, Ashburn, VA



We're Parents @WereParents

Well. Apparently, I do have milk still. I'm so thankful I decided to pack my pump. I was so engorged. #IPumpedHere #blogher17

@MomsRising



Their MoM Veronica @RightByThem

@IPumpedHere with so many of us having babies at once, our manager helped to make a lactation room #lactationroom #nursingmom



frugalmama12



frugalmama12 My pumping setup for the day. I'm pretty lucky in that the one lactation room on the campus I work at is both comfy and just one floor above my office. I often think of the women who must trek across campus in the crazy PNW elements to get to it or they are forced to get creative. Which is precisely what I am doing today, as we have a half day event without a lactation room in sight. I found this bathroom last year; luckily we are an inclusive campus so this gender neutral bathroom is also serving as the family restroom and now lactation facility thanks to the outlet!

#pumpingproblems #ipumpedhere #workingmom
#pumpingmom #lactationroom
#normalizebreastfeeding #womensissues

“I went back to work right before Virginia’s legislative session started this year. I struggled with pumping for my first son, but am more dedicated and less stressed by it this go around. One thing that WAS giving me a lot of stress, however, was pumping at Virginia’s General Assembly building. As a lobbyist, I spend entire days down there advocating for environmental protections. I’d heard stories of ladies pumping in bathroom stalls. I marched myself to Senate Support Services and inquired about what pumping facilities they might have. As I expected, there were none. But my simple question made them realize the major oversight and the situation was quickly copy remedied. The result is the most beautiful pumping room I have come across yet. Available for all women to use as needed, forevermore, in the Virginia General Assembly.”

– Adrienne, Dumbarton, VA

I know many moms that when they’ve asked for a place to pump they’ve been shown a bathroom or a dirty hall closet, these places are not okay! I myself have been walked in on while pumping, and bounced from office to office trying to find a private place to pump breast milk for my son.

– Julie, Vinton, VA

My employer was good about providing a private place not a bathroom for breastfeeding at UVA for working mothers. I did not realize it was not standard for all working moms.

– Cyndy, Charlottesville, VA

I am a teacher who breastfed each of my sons for a year. I had so much trouble finding the time and the space to pump during the work day. It made it very difficult to keep my child fed. Please help make it easier for mamas and babies alike.

– Timiny, Essex Junction, VT

I have personally faced the challenges of not being allowed time to pump for my daughter, I did not reach

my goal, I kept becoming sick due to being unable to pump properly at work...it was horrible, I was made to feel that I was inconveniencing others because I needed to pump once, when everyone knew that both my supervisor and manager who had also just had children, went whenever they wanted to several times a shift.

It is disgusting that this country places no value on mothers and nursing children, we are expected to raise amazing strong children, but we are expected to put literally everyone else and their needs, and wants before our children and ourselves, we are expected to sacrifice ours and our babies health and needs so that we don’t inconvenience our co-workers, employers, and clients in even the slightest way.

– Grace, Tacoma, WA

As a mother who breastfed her daughter for 14 months, the only reason I was able to for that long was because I had access to an office that wasn’t being used for a few months.

Only one space on the whole campus of where I worked was available for breastfeeding mothers to pump milk,

and the room itself did not meet my needs, in addition to being a 20 minute round trip walk out of the way... 3 times a day.

That's an hour of my work day gone because I didn't have access to an appropriate space for pumping milk for my baby. We cannot as a society promote breastfeeding as "best" for our babies and leave working mothers woefully underprepared to do so.

- Allyson, Shoreline, WA

I had to pump in the Janitor's closet, all the way on the other side of the school from where I taught! This took away from my time to teach kids and be the mom I wanted to be. It also shortened how long I could breastfeed my baby.

- Katherine, Bonney Lake, WA

My workplace is required to provide me with a place to pump milk. I'm one of the lucky moms. This should not be a requirement that only benefits a select group of moms. All should be given this opportunity.

- Suzy, Everett, WA

As a one-time nursing mother, I was grateful to have accommodations to pump. I know not all women are so fortunate. I want to ensure all breastfeeding moms have the option.

- Hilary, Bellingham, WA

I pumped in a bathroom stall for close to a year...it was an odd feeling. I'm feeding my child, but doing so next to my coworkers going to the restroom. It's time the U.S. stops making this subject so taboo.

- Joanna, Seattle, WA

This week I pumped in an tiny dirty bathroom on the airplane. It reminded me how many mothers have to make accommodations like this regularly when they don't have a place to pump!

I am fortunate enough to have an office at work with a door that locks and have been able to breastfeed and pump going on 10.5 months. These dirty and uncomfortable accommodations that mother's use daily force them to make the choice to stop breastfeeding before they are ready.

Moms need our support. Please support private locations at all workplaces for Mom's to pump to make it easier to provide this valuable nutrition to their babies while they provide financially for their families. We need

these talented and strong women in the workplace and we need them to feel supported in the challenges of new motherhood and balancing them with work!!!

This is so important to the growth and development of our children, a mother's bond to her child, and the success of businesses and organizations that need these women. As a working Mom, breastmilk is what I can provide for her when I can't be with her everyday. This keeps me not feeling guilty when I can provide for her. It allows me to focus on my job and still be a good Mom.

Please support Mom's, our children, and the importance of women in our workforce and provide adequate accommodations in the workplace for all to pump if they choose!

- Molly, Pullman, WA

Oh, the places I pumped. Once I was directed to my boss's office with assurances that he was in a meeting and wouldn't be back before I was done--not reassuring!

- Ruth, Seattle, WA

My work has mother's rooms but there were so many moms pumping when I came back from maternity leave that I couldn't pump the number of times a day I needed to and my supply dropped. So I now pump in a locker room attached to a bathroom due to lack of availability.

- Eva, Madison, WI

I work at a daycare center and I've been told that I could freely pump or nurse my daughter as long as I cover up. The difficult part of that is that my daughter hates to be covered and will rip any cover right off. Because I want to "respect" the wishes of my workplace I've looked for a space to nurse or pump and the bathroom is not sanitary so I've been in a closet with an open bathroom drain from when it once was a working bathroom.

Breastfeeding is not only beneficial for babies and mothers it is also very difficult. Mothers that go back to work not only balance home and work but also have the added stress of pumping, storing and nursing their child. Please help us mothers alike in the workplace.

- Vanessa, West Allis, WI

I was lucky enough to have a place at work to pump, but I have heard horror stories of women who have had no place to pump for 8 hours a day. Breast milk makes healthier babies, who turn into healthy voting adults. Please help hard working mothers!

- Sara, Cheyenne, WY

 Mammaway



Mammaway Kudos to #caterpillar for providing employees a designated #nursingroom!!
So much nicer to have somewhere clean and private for my full bag of goodies versus last week's #minimalist #travellingmom borrow an office setup.
#pumpingroom #workingmom #breastmilk #medela #mom #medelamom #instamom #tbt

 **She K. Aly** @shekaly

I want to thank Nordstrom for having a clean and comfortable place for pumping and breastfeeding #ipumpedhere

 **Cheryl Lebedevitch** @CLebedevitch

Bathrooms on the college campus where I went to school...Bathroom at the restaurant where I worked... #IPumpedHere We can do better America!

#IPUMPEDHERE

 Chelsea_sayss



Chelsea_sayss Ain't no shame in my mama game, a mama has to do what a mama has to do.

#breastfeeding #liquidgold #parenthood_unveiled #ig_motherhood #honestmotherhood #uniteinmotherhood #joysofmotherhood #pumpingmom #pumpinstyle #pumpingmom #medela #normalizebreastfeeding #ipumpedhere

**To learn more about our stories or to
contact our staff, please email:
tina@momsrising.org**

MomsRising.org is an online and on-the-ground grassroots organization of more than a million people who are working to achieve economic security for all families in the United States.

MomsRising is working for paid family leave, flexible work options, affordable childcare, and for an end to the wage and hiring discrimination which penalizes so many others. MomsRising also advocates for better childhood nutrition, health care for all, toxic-free environments, and breastfeeding rights so that all children can have a healthy start.

Established in 2006, MomsRising and its members are organizing and speaking out to improve public policy and to change the national dialogue on issues that are critically important to America's families. In 2013, Forbes.com named MomsRising's web site as one of the Top 100 Websites For Women for the fourth year in a row and Working Mother magazine included MomsRising on its "Best of the Net" list.