



State and National Breastfeeding Resources

**Texas Lactation Support
Hotline 1-855-550-6667
24/7 Breastfeeding Support**



Texas Mother-Friendly Worksite Program

Texas Mother-Friendly Worksites (TMFW) are businesses that support breastfeeding employees returning to work. Share information on the TMFW Program with your employer for help in developing a lactation support policy, exploring creative solutions for private, non-bathroom lactation spaces for breast milk expression, and creating an environment of support. For more information, visit: dshs.texas.gov/TexasMotherFriendly.

Check out the **Employee Guide for Taking Leave** brochure to find tips on how to develop a plan for successful return to work after the birth of your baby.

Supplemental Nutrition Program for Women, Infants, and Children (WIC)

The Texas WIC Program offers nutritious food packages and breastfeeding support to income eligible participants. Those who qualify include pregnant women, women who have given birth within the last six months, and families with children up to age five. For more information, visit: TexasWIC.org.

BreastmilkCounts.com | Cadaonzacuenta.com Find information for breastfeeding mothers and their support team. Worksite lactation information and resources include:

- Working moms: BreastmilkCounts.com/back-to-work/
- Pumping at work: BreastmilkCounts.com/back-to-work/pumping-at-work/
- Pump and store: BreastmilkCounts.com/breastfeeding-basics/pump-and-store/
- Get help: BreastmilkCounts.com/get-help/
- **Breastfeeding as a working mom** (English download, Spanish download)

Office on Women's Health

- General breastfeeding information: WomensHealth.gov/breastfeeding
- Breastfeeding at home, work, public: WomensHealth.gov/breastfeeding/breastfeeding-home-work-and-public
- It's Only Natural: WomensHealth.gov/its-only-natural

Centers for Disease Control and Prevention (CDC)

- General breastfeeding information: CDC.gov/breastfeeding/
- Cleaning your breast pump: CDC.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html
- Cleaning and storing infant feeding items: CDC.gov/healthywater/hygiene/healthychildcare/infantfeeding/cleansanitize.html

La Leche League International (LLLI)

- Working and breastfeeding: LLLI.org/breastfeeding-info/working-and-breastfeeding
- Choosing a daycare provider: LLLI.org/breastfeeding-info/working-and-breastfeeding-choosing-a-child-care-provider/
- Breastfeeding online support communities hosted by LLLI on Facebook:
 - o English - [LLLI Breastfeeding Support](https://LLLI.org/breastfeeding-support)
 - o Spanish - [Liga de la Leche](https://Liga.de.la.leche)
- Find a local LLL leader: LLLUSA.org/locator/
- La Leche League of Texas: TexasLLL.org

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