

New Mothers: “Express Yourself” Pump Breast Milk at Work!



- ❖ **Mothers who return to work after having a baby have the right under New York’s Expressing at Work Law to pump breast milk at work for up to three years following childbirth.**
- ❖ **You have the right to take reasonable unpaid breaks at work so that you can pump your breast milk. You also are allowed to use your paid break and meal times for this purpose, but you are not required to.**
- ❖ **Your employer is required to make reasonable efforts to provide a private room or other location that is close to your work area that you may use for this purpose.**
- ❖ **Your employer may not discriminate against you based on your decision to express breast milk at work.**



To report a violation, write or call the New York City District Office of the New York Department of Labor’s Division of Labor Standards, 75 Varick Street, New York, NY 10013 or 212-775-3880.

For more information about federal law regarding the right to express milk at work, a fact sheet may be downloaded from the New York Department of Labor’s website at <http://www.dol.gov/whd/regs/compliance/whdfs73.pdf>.