



LADWP Supports Breastfeeding While Working

Visit MyDWP
for LADWP's Childcare
and Lactation
Accommodation Policy
or call (213) 367-3354.



LADWP Supports Breastfeeding!

The Los Angeles Department of Water and Power supports mothers and your choice to continue breastfeeding after you return to work. Through our Lactation Accommodation Policy, LADWP is committed to creating a work environment that encourages all mothers to nurse. All employees and management will maintain a positive and supportive attitude towards nursing mothers and provide a location and reasonable amount of time to accommodate breastfeeding women.



Did you know?
California State Labor Code §1030-1033 protects your right to pump breastmilk while at work.

Read about the policy on the Department's intranet page. For questions, contact your division's Lactation Accommodation Coordinator.

Breastfeeding is good for baby, for mom, and LADWP



Babies who breastfeed get sick less often, have a lower risk for diabetes, obesity, and cancer later in life.

Mothers who breastfeed have a lower risk for breast and ovarian cancer.

Families of breastfed babies save money and miss fewer days of work.

Mothers who are supported by the workplace to continue breastfeeding feel more included, at ease, and enjoy a sense of belonging. According to UNICEF, this leads to increased commitment to the company.



How to Get Breastfeeding Support at Work

Talk to your direct supervisor and/or your Lactation Accommodation Coordinator:

- Before you deliver your baby
- Before you return to work

Discuss where you can pump:

- Private room
- Close proximity
- Wellness room
- Conference room
- Not a bathroom stall

When you will pump:

During break times and lunch

What if pumping takes longer than your break time?

You are allowed to take the time you need. If you need more time than your scheduled work break, discuss alternatives with your supervisor. These can include adjusting your work schedule or using accrued paid time benefits.

What if I work in a non-traditional worksite?

The same policy applies. Talk to your supervisor and/or your Reasonable Accommodation Coordinator.

Resources for New Parents



Need a childcare provider?
Do you need support as a new
parent? LADWP's Employee
Assistance Program can help!

<https://resourcesforliving.com>

Username: LADWP

Password: EAP

