Did you know?
- You will need to pump about every 2-3 hours while away from your child.
- You should not pump in a bathroom - it's not sanitary.
- Your baby needs about 1 oz. of breast milk for each hour you are apart. For most mothers, that's only 8-9 ozs. each day!
- A quality electric breast pump is important - contact your insurance company or local health department about getting one.

For Breastfeeding Support:
- Contact your Local WIC office - they offer support and breast pumps. View a map here - http://www.kansaswic.org/families/WIC_county_map.html

For Workplace Support:
- Kansas Breastfeeding Coalition Workplace Resources - visit http://ksbreastfeeding.org/causes/business-case-for-breastfeeding/
- WIC Going Back to Work - visit https://wicbreastfeeding.fns.usda.gov/going-back-to-work