



BreastfeedSJC
Breastfeeding Coalition of San Joaquin

WORKING & BREASTFEEDING FAQ'S



How long should I breastfeed?

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of a baby's life, followed by complementary foods in combination with breastfeeding, until at least 12 months of age. After that breastfeeding should be continued for as long as desired by mother and baby.

How long can I store breastmilk?

<https://www.cdc.gov/breastfeeding/recommendations/> for information on the proper storage of breastmilk.

Are there laws on breastfeeding?

Yes, please visit [BreastfeedSJC.org/Work-Laws](https://www.breastfeedsjc.org/Work-Laws) for information about state and federal breastfeeding laws.

Where else can I find answers to questions about breastfeeding?

Please visit [BreastfeedSJC.org/breastfeeding_help](https://www.breastfeedsjc.org/breastfeeding_help) or [BreastfeedSJC.org/ParentLinks](https://www.breastfeedsjc.org/ParentLinks) for information and resources about breastfeeding

Where can I get help with getting a pump?

If you are on WIC and will be returning to work, ask about getting a pump. If you have private insurance, call your insurance company to ask what pump they provide and how to get it. You may also ask your medical provider for information and assistance. For information on obtaining a breast pump, visit <https://www.healthcare.gov/coverage/breast-feeding-benefits/>

What are my options for different pumps?

Please visit [fda.gov](https://www.fda.gov) and <http://workandpump.com/> for information about different types of pumps.



THE MISSION OF
BFC SJC

Is to organize local efforts to improve the health of our community by promoting educating, and providing support for breastfeeding. For more information, visit www.breastfeedsjc.org or call us at 209.688.5287