

**PLEASE DO NOT DISTURB**

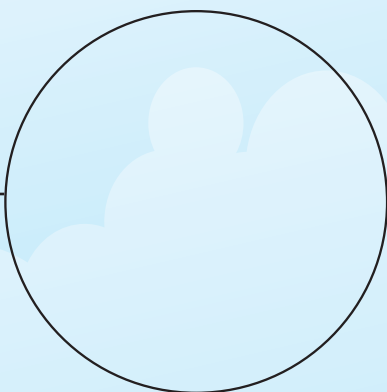


**Pumping in Progress**



**Texas Law on Breastfeeding, Sec. 165.002**

**Right to Breastfeed:** A mother is entitled to breastfeed her baby or express breastmilk in any location in which a mother is authorized to be.



## **While pregnant:**

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- Share your plan to continue breastfeeding with your family and ask them for their support as you transition back into your work or school schedule.
- Speak with your employer or school about pumping on site.
- Choose a child-care provider that supports breastfeeding.

## **While on maternity leave:**

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- Nurse your baby often to build up a good milk supply.
- Start pumping and storing your milk about two weeks before returning to work or school.
- Let another person feed your baby a bottle of breastmilk several times the week or two before returning to work or school. This will help your baby get used to the bottle.

## **While pumping:**

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- Sip a refreshing drink.
- Relax and think about your baby.
- Look at a picture of your baby.
- Massage your breasts to help increase your milk supply.
- Be sure to pump your milk as often as you would nurse your baby.
- Don't worry about how much milk you are getting.

Take one day at a time and be willing to try new ways to make breastfeeding a success. Be proud of all your efforts!

Visit our website at [TexasWIC.org](https://www.TexasWIC.org)



**TEXAS**  
Health and Human  
Services



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## **Breastfeeding Help and Information**

**Texas Lactation Support Hotline: 855-550-6667**

[www.breastmilkcounts.com](https://www.breastmilkcounts.com)