

World Breastfeeding Week is August 1-7. The theme for 2015 is “Breastfeeding and Work. Let’s Make it Work!” When working moms can continue breastfeeding, everybody wins. Babies have fewer illnesses, mothers have fewer sick days to care for their infants, and companies benefit from decreased employee turnover and lower health care costs.

Breastfeeding in the Workplace under the Affordable Care Act

As a working mom who is breastfeeding, you have rights! Find answers to your questions at the [US Department of Labor’s information page](#) and the [United States Breastfeeding Committee’s information page](#).

The Patient Protection and Affordable Care Act of 2010 (“Affordable Care Act”) amended section 7 of the Fair Labor Standards Act (“FLSA”) to require employers to provide reasonable break time for an employee to express breast milk for her nursing child for one year after the child’s birth each time such employee has need to express the milk. Employers are also required to provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk. The break time requirement became effective when the Affordable Care Act was signed into law on March 23, 2010. For more information, visit http://www.dol.gov/whd/nursingmothers/Sec7rFLSA_btnm.htm

Breastfeeding benefits Employers Too!

The US Department of Health and Human Services has assembled a comprehensive collection of educational materials designed to encourage employers to support employee breastfeeding. You can download the materials [on the HHS website](#).

Resources:

Workplace. *Massachusetts Breastfeeding Coalition*. <http://massbreastfeeding.org/workplace/>. Accessed June 22, 2015.

Lactation Cookies

Having problems with low milk supply? Some Moms have found that lactation cookies can help, although there is no scientific evidence to support this.

3 cups old-fashioned rolled oats
1 cup all-purpose flour
½ cup whole wheat flour
5 tablespoons brewer's yeast
3 tablespoons ground flaxseed
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon ground cinnamon
¼ teaspoon salt
12 tablespoons butter
4 tablespoons coconut oil (or an additional 4 tablespoons butter)
¾ cup sugar
½ cup brown sugar
1 large egg + 1 large egg yolk
2 teaspoons vanilla extract
1 ½ cups chocolate chips

Optional: ½ cup unsweetened flaked coconut, ½ cup chopped almonds, ½ cup raisins

Preheat oven to 350°

In a large bowl, whisk together the oats, flours, yeast, flaxseed, baking powder, soda, cinnamon and salt.

In a separate bowl, beat the butter and coconut oil on medium speed in an electric mixer until creamy. Add in the sugars and beat on medium to high speed until fluffy, about 4-5 minutes, scraping down the sides of the bowl if needed. Add in the egg, egg yolk, beating until combined, about 2-3 minutes. Add in the vanilla extract and beat until combined again. Gradually add in the dry ingredients, beating on low speed until combined and mixed. Stir in the chocolate chips until combined.

Scoop the dough into 1-inch rounds and place on a baking sheet about 2 inches apart. Bake for 10-14 minutes, or until the bottoms are just golden. Let cool completely before storing in a sealed container.

Lactation Cookies. *Blog: How Sweet It is.* <http://www.howsweeteats.com/2015/02/lactation-cookies/>
Accessed June 22, 2015.