



Nursing Mothers: You Have Rights!

Under the Fair Labor Standards Act (FLSA), you have the right to reasonable break time to express breast milk for your nursing child for one year after the child's birth. You are entitled to a place to pump at work, other than a bathroom, that is private and free from intrusion from coworkers and the public.

- An employer may not deny a covered employee a needed break to pump.
- Teleworking? You are eligible to take pump breaks under the FLSA on the same basis as other employees.
- The PUMP Act, signed into law in 2022, grants employees access to legal recourse if their employer violates these break time breastfeeding protections.

Got questions or need assistance?
Visit your NTEU representative.