

Inland Empire Breastfeeding Coalition presents:

FREE Virtual General Education Session

Workplace Lactation Rights in California: What to Know and How to Help



Objectives:

1. Describe how common workplace barriers that can impact lactation success
2. Summarize key legal rights to lactation break time, space, and accommodations
3. Describe paid leave options for lactating and postpartum families
4. Explain how an IBCLC or other care provider can support clients in addressing workplace barriers
4. Identify when and where to ask for assistance supporting lactating clients facing workplace barriers

September 22nd 2026

12:30-2:00pm PT

Register for Zoom Link

\$30- 1.5 E CERPs/CEUs/1.0 BRN offered IBCLE CERP areas:
Clinical Skills: Ethical & Legal Issues and Public Health & Advocacy



Jessica Lee, JD
Center for WorkLife Law

Returning to work can be a major barrier to lactation and is a common reason people stop breastfeeding before they're ready. This session equips providers and advocates with legal knowledge and practical tools to help families navigate workplace barriers. Participants will learn about recent changes to the laws that give workers rights to lactation breaks and space, paid leave, and workplace accommodations. Through example scenarios and practical guidance, participants will explore how to help clients know and use their rights.

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