

Breastfeeding & Chestfeeding

A guide to workplace accommodations

by Multnomah County REACH & AABCO



YOUR RIGHTS

Oregon.gov states: "both Oregon and federal laws ensure workplace support for pregnant and breastfeeding/chestfeeding employees. The law that provides the greater protection to nursing employees is what applies." Employers should support employees by providing private space and rest times (not from breaks) to express milk. The space cannot be a restroom or be near the employee's work space. It should have nearby sink access.

BREASTFEEDING FRIENDLY SPACES

One way Multnomah County REACH and AABCO work to increase breastfeeding rates in Black and African communities is by advocating for lactation-friendly workplace policies and spaces, including within the Health Department. We are also working to increase public lactation spaces. In 2022, we oversaw the creation of a publicly-accessible lactation space at Rockwood Market Hall.

RESOURCES

AABCO has many culturally informed resources for parents. Fill out a contact form at AABCO.org. You can learn more about your rights, find legal aid and report workplace violations at oregon.gov/oha/ph/healthypeoplefamilies/babies/breastfeeding/pages/laws.aspx. You can also contact the Bureau of Labor and Industries (BOLI), 971-673-0761 or help@boli.state.or.us, with concerns.

AFRICAN AMERICAN BREASTFEEDING COALITION OF OREGON

AABCO has taken tours to assess breastfeeding accommodations in Multnomah County facilities and at the Portland Airport. We extend this service to businesses and private workplaces. AABCO also supports breastfeeding parents who have been denied accommodation in medical provider offices in violation of State and federal law. Learn more at AABCO.org.

AABCO PARTNERS

- African American Breastfeeding Coalition of Oregon (971) - 409-5850
- Black Parent Initiative (503) - 284 - 8000
- Right From The Start (503) - 227 - 5502; x231
- Sacred Roots Doula & Lactation (971) - 401 - 1379
- Healthy Birth Initiative (503) - 988 - 3387

