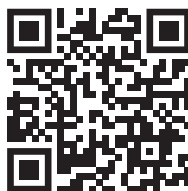


## Did You Know?

- You will need to pump about every 2-3 hours while away from your child.
- You should not pump in a bathroom—it's not sanitary.
- Your baby needs about 1 ounce of breast milk for each hour you are apart. For most mothers, that's only 8-9 ounces each day!
- A quality electric breast pump is important—contact your insurance company or local health department about getting one.
- Pumping Tips—[ksbreastfeeding.org/pumping-tips/](https://ksbreastfeeding.org/pumping-tips/)



## For Breastfeeding Support:

**Local Breastfeeding Resource Directory**—search  
[ksbreastfeeding.org/local-resources/](https://ksbreastfeeding.org/local-resources/)



## For Workplace Support:

**Kansas Breastfeeding Coalition Workplace Resources**—  
[ksbreastfeeding.org/cause/business-case-for-breastfeeding/](https://ksbreastfeeding.org/cause/business-case-for-breastfeeding/)

**Breastfeeding "911"**  
**877-271-6455 or text OK2BF to 61222**  
Provided by Oklahoma Breastfeeding Resource Center



Kansas  
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