



# **Pregnant? Just Gave Birth? Pumping?**

## **Know your rights at work & school!**

**A Better Balance's free resources can help you understand your rights under important national laws, including the Pregnant Workers Fairness Act & Title IX.**

**[Click here](#)** for information about accessing accommodations at work under the Pregnant Workers Fairness Act, like:

- Support for pumping breast milk, like break time and private space
- Flexible scheduling and telework
- Time off for recovery from childbirth, prenatal or postnatal appointments
- Break time for food, water, or bathroom use
- And more!

**[Click here](#)** for information about accessing accommodations at school under Title IX, like:

- Support for pumping breast milk, like breaks from class and private space
- Rescheduling of tests or extensions on coursework
- Breaks from class for food, water, or bathroom use
- And more!

**Questions? Contact our free and confidential legal helpline at [1-833-NEED-ABB](tel:1-833-NEED-ABB) or [abetterbalance.org/get-help](https://abetterbalance.org/get-help)**