

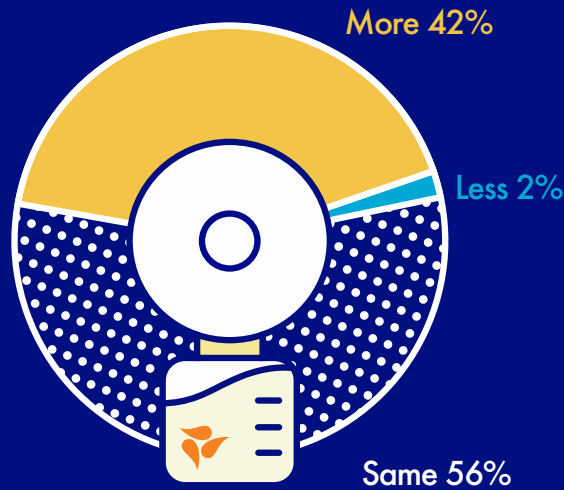
# Breastfeeding and Work in a Post-COVID World

We asked nearly 1,400 new and expecting moms about breastfeeding and work.

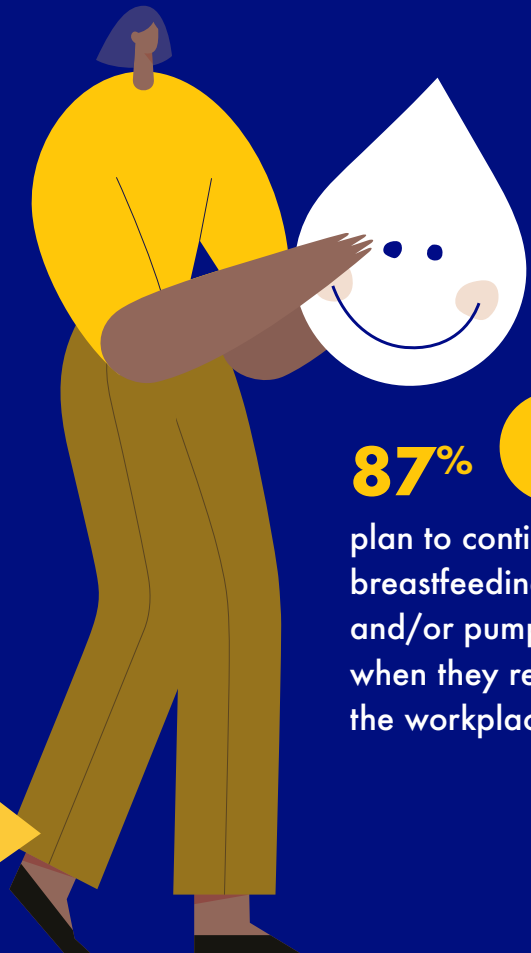
NEW MOMS' **HEALTHY RETURNS**

by medela | mamava

Almost half of moms are **more committed** to feeding their babies breast milk since COVID-19



**1/4** moms are breastfeeding or pumping more than before COVID-19

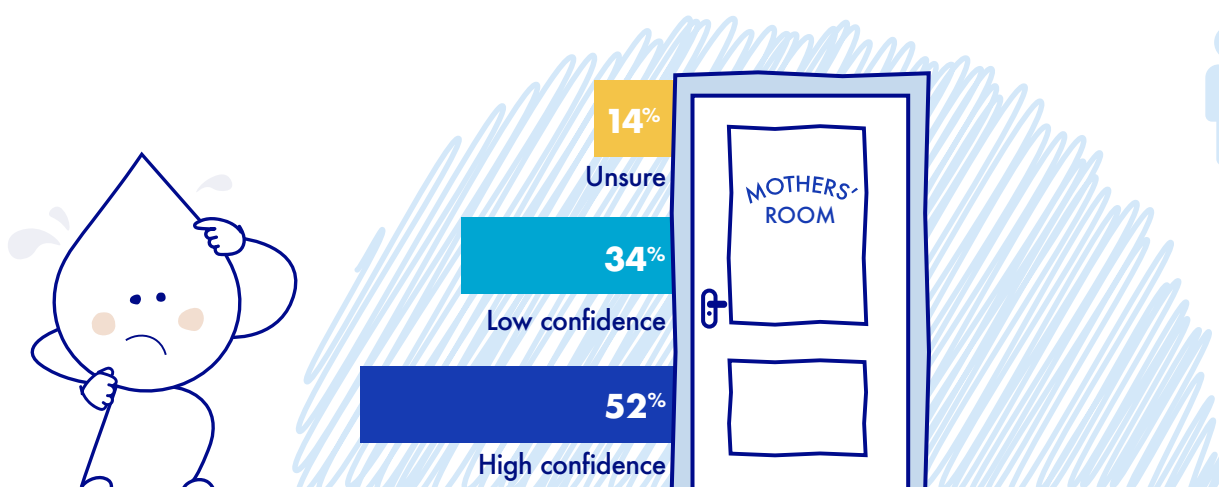


**87%** plan to continue breastfeeding and/or pumping when they return to the workplace

**53%** are planning to leave home and return to the workplace when it re-opens



Almost **1 in 2** moms are uncertain about their pumping space at work being safe/sanitary



**1 in 3** moms plan to talk with their employer about pumping accommodations in the workplace



The **top 3 improvements** moms want for their workplace lactation space are:



**#1**  
Sanitization supplies for moms to use each session



**#2**  
Adherence to a clear sanitization process



**#3**  
Dedicated spaces where **ONLY** pumping is allowed

Learn how to support new parents in the workplace by visiting [NewMomsHealthyReturns.com](https://www.NewMomsHealthyReturns.com)

Data collected in a May through June 2020 study of 1,389 working moms by Medela and Mamava. Medela wordmark and logo, Mamava wordmark and logo are registered in the U.S. Patent and Trademark Office. New Moms' Healthy Returns is a trademark of Medela.