



## **LLL USA Statement in Support of Pumping Families** **Released October 4, 2019**

LLL USA would like to voice support for all breastfeeding families, including those who express and pump human milk for their children.

LLL USA recognizes that breastfeeding looks different for every family. Indeed, even from child to child within the same family, breastfeeding journeys may vary. LLL USA also acknowledges that many people provide human milk to their children in different ways, through their own expressed and pumped milk as well as donor human milk.

Offering expressed and pumped milk is often necessary for those away from their children, such as nursing pairs separated by work or school commitments. We acknowledge that, because there is no federal paid maternity leave in the United States, more families are forced to express human milk for their nurslings in order to continue the breastfeeding relationship for as long as mutually desired.<sup>1</sup>

In addition to those who express milk while separated from their children, we understand that other situations may prevent a child from nursing directly at the breast. Parents with a child in the NICU may need to express breastmilk if at-the-breast feeding is not an option. Human milk is vital to the development and growth of preterm infants and lowers the risk of necrotizing enterocolitis by 50%.<sup>2</sup> LLL USA supports all families who exclusively express or pump for their nurslings, no matter their reasons. As we often say in meetings, you are the expert on your family.

*La Leche League USA helps parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. LLL USA encourages, informs, educates, supports, and promotes the use of human milk and the intimate relationship and development that comes from nursing a child for as long as mutually desired.*

Looking for support? LLL USA volunteers are here to help you reach your nursing goals, whether that means for 2 days, 2 weeks, 2 years, or beyond. Contact your local Leader today. Find support here:

<https://lllusa.org/locator/>

LLL USA is a nonprofit, nonsectarian, nonpartisan organization dedicated to providing education, information, support, and encouragement to anyone breastfeeding or considering breastfeeding. Learn more about LLL USA at our website: <https://lllusa.org/about-us/> Contact LLL USA at [council@lllusa.org](mailto:council@lllusa.org).

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<sup>1</sup> LLL USA and organizations like the United States Breastfeeding Committee (USBC) are working to make the United States a more breastfeeding-friendly place, which includes advocating for longer leave for new parents. If you own a business and would like to make it “breastfeeding friendly,” please reach out to your local LLL USA Leaders. Find them here: <https://lllusa.org/locator/>

<sup>2</sup> Quigley M, Embleton ND, McGuire W. Formula versus donor breast milk for feeding preterm or low birth weight infants, 19 July 2019. [https://www.cochrane.org/CD002971/NEONATAL\\_formula-versus-donor-breast-milk-feeding-preterm-or-low-birth-weight-in-fants](https://www.cochrane.org/CD002971/NEONATAL_formula-versus-donor-breast-milk-feeding-preterm-or-low-birth-weight-in-fants)