



U.S. Department of Labor, Wage and Hour Division
U.S. Equal Employment Opportunity Commission



WORKPLACE PROTECTIONS FOR WORKING MOTHERS

What should I
do if I am
denied space or
time to pump?



What documentation can
an employer request
under the
PUMP Act, FMLA, and
Pregnant Workers
Fairness Act?



Can I use a
stool instead of
standing for the
entire shift?



Got questions about family leave and work arrangements?
Breastfeeding and lactation accommodations? Providing accommodations
for pregnancy, childbirth or related medical conditions?

**Working moms, advocates, employers and HR:
Get answers from the experts!**



<https://bit.ly/WorkingMomsJuly>
EEOC Teams Registration Link

Jul 28, 2026

2-3 pm PDT/Arizona

3-4 pm MDT | 1-2 pm Alaska

10-11 am Am. Samoa

11 am-12 pm Hawaii

July 29, 7-8 am Guam + Saipan



<https://bit.ly/WorkingMomsAugust>
EEOC Teams Registration Link

Aug 19, 2026

4-5pm PDT/Arizona

5-6 pm MDT | 3-4 pm Alaska

12-1 pm Am. Samoa

1-2 pm Hawaii

August 20, 9-10 am Guam + Saipan



<https://bit.ly/WorkingMomsSeptember>
EEOC Teams Registration Link

Sep 24, 2026

10-11 am PDT/Arizona

11 am - 12 pm MDT

9-10 am AK | 6-7 am Am. Samoa

7-8 am Hawaii

Sept. 25, 3 - 4 am Guam + Saipan