

# ADVANCING RIGHTS & SUPPORT FOR PREGNANT AND LACTATING FAMILIES

## THE BIG THREE: KNOW YOUR RIGHTS

Wayne State University School of Public Health student Bianca Jennings presented on The Big Three and shared the work she is leading in her community to raise awareness and advocate for the rights of pregnant and lactating people.

### **TITLE VII (PREGNANCY DISCRIMINATION ACT)**

Protects against discrimination based on pregnancy or lactation.

### **PREGNANT WORKERS FAIRNESS ACT (PWFA)**

Requires reasonable accommodations for pregnancy-related needs.

### **PREGNANT WORKERS FAIRNESS ACT (PWFA)**

Ensures break time and a private space (not a bathroom) to pump at work.

### **HOW BIANCA IS BUILDING AWARENESS:**

- Block Parties to meet families where they are
- “I’m Protected” cards for lactating parents
- Posters, t-shirts, and visibility campaigns
- Opportunities to connect and get involved

### **TAKE ACTION**

- [Get involved/share feedback](#)
- [Contact Bianca directly](#)
- [Learn more](#)



## GET INVOLVED AND CONNECT

Watch Southeast Michigan IBCLCs of Color's [new series on latch + pumping education](#).

[Nesting Spot, LLC](#) is accepting all major insurance beginning in 2026 in Lapeer and the Thumb!

Join and promote North Star Birthing Services' [Black Birth Worker Directory](#).

Mama's Mobile Milk is [recruiting transportation volunteers](#) across Michigan.

Check out the new [MIBFN Etsy store!](#)

[BeLatched Home Visiting Program](#) is enrolling Black families in Kent County.

Milk Like Mine has purchased a building to continue serving families and eventually expand services!

Lactation Master Classes will take place in Jackson on Jan. 16 and Grand Rapids on Feb. 20-21.

