

Connecticut

Connecticut Requires Break Time to Breastfeed or Express Breast Milk

On May 11, 2026, Connecticut [enacted](#) a new law requiring employers to provide reasonable break times for employees to express breast milk for their nursing children or to breastfeed at the workplace, in addition to their scheduled breaks. The new law takes effect **Oct. 1, 2026**.

Background

Under current Connecticut [law](#), employees **may, at their discretion**, express breast milk or breastfeed on site at their workplaces **during their meal or break periods**. The law applies to employers with one or more employees and contains other provisions, such as an employer requirement to provide a space where employees can express milk in private.

Federal law also contains requirements for employers to provide breaks and accommodations for employees who are nursing to express milk.

New Law

Under the new law, employers **must provide** reasonable break times for employees to express breast milk for their nursing children or breastfeed on-site at their workplaces **in addition to** their scheduled breaks. The requirement to provide a space to express breast milk has not changed.

Next Steps for Employers

Connecticut employers should review the new law and update their policies and procedures as necessary to ensure compliance. Employers should also train appropriate personnel, such as HR, on legal responsibilities.

Highlights

May 11, 2026

Connecticut enacted a new law requiring employers to provide reasonable break times for employees to express breast milk or breastfeed at the workplace, in addition to their scheduled breaks.

Oct. 1, 2026

The new law takes effect.