

# In their own words, incarcerated women share how being able to pump helped them:



- It keeps us from spiralling out of control, getting into fights, and using substances.
- It gets us through the most raw, painful and difficult part of this experience - leaving the hospital without a baby.
- It heals your heart, after it feels like it has been physically ripped from your body.
- It kept my baby closer to me; he knew me when we reunited, and I believe that's because he was getting my milk.
- It allowed me to continue actual breastfeeding when we were reunified, because my baby latched on. He knew who I was.
- I would not have survived the experience if I couldn't have pumped for my baby. It felt right. It felt motherly. It normalized this shocking situation of being separated.
- Some may think it is sad, but to me it's keeping me present. I get cold, mean, and hard when I've lost my other kids. But now I can't block her out. She's always on my mind. I'm so glad I decided to do it.