

SUPPORTING BREASTFEEDING EMPLOYEES: BREASTFEEDING BENEFITS EVERYONE



Research shows that breastfeeding is best for babies and healthiest for mothers, but did you know that supporting breastfeeding mothers also is good for business?

Supporting breastfeeding employees can save your business money.

- **Breastfeeding employees miss work less often.**
One-day absences to care for sick children occur half as often for breastfeeding parents.
- **Breastfeeding lowers health care costs.**
Participation in a lactation support program at work is associated with reduced health care costs.
- **Investing in a worksite lactation support program** can have these benefits:
 - ★ Decreased turnover rates
 - ★ Positive public relations
 - ★ Health care savings
 - ★ Increased employee productivity and loyalty

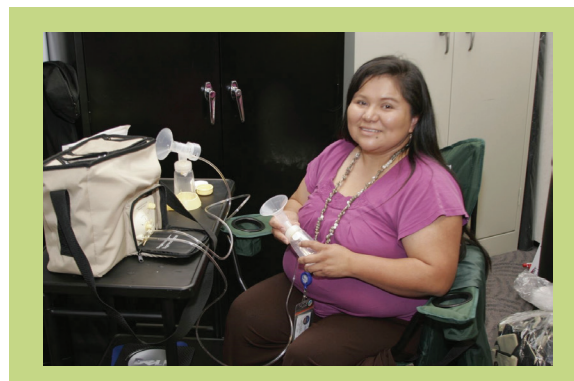
Basic lactation support is easy to provide.

- **Privacy to Express Milk.**
This can be a private office or an onsite, designated room with an electrical outlet, where employees can use a pump to express milk during the work day. Employees should **never** be asked to express milk or breastfeed in a restroom.
- **Flexible Breaks.**
Breastfeeding mothers need to express milk about every three hours, or 2-3 times during a typical work day. Milk expression takes about 15-20 minutes, plus time to go to and from the lactation room.
- **Support.**
Supportive policies and management set the tone in the workplace and send the message to all employees that breastfeeding is valued. This helps breastfeeding employees feel confident about their ability to continue to breastfeed after returning to work.

Where can I learn more?

The Department of Health and Human Services' Business Case for Breastfeeding is a comprehensive breastfeeding support program for businesses, including an extensive toolkit of resources.

Download materials at <http://bit.ly/BFatWorkResources>



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