



Breastfeeding at Work - Let's Make it Work!

Support mothers to continue to breastfeed once they return to work.



Benefits of breastfeeding to infant



Exclusive breastfeeding is recommended up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.

- Complete nutrition for 1st 6 months
- Protects the baby against illness/infection (diarrhea)
- Reduces allergies
- Reduces risk of ear infection & SIDS (sudden infant death syndrome)
- Reduces risk of diabetes mellitus
- Reduces risk of cancer
- Essential fatty acids are provided (NB for brain development)
- Analgesic effect
- Health benefits later in life (self-regulation of appetite)
- Higher IQ scores



Benefits of breastfeeding to mother



- Reduces bleeding after birth
- Reduces risk of breast & ovarian cancers
- Reduces risk of rheumatoid arthritis & osteoporosis
- Child spacing (lactation amenorrhea)
- Improved glycemic control for diabetics
- Weight control
- Economical
- Saves time
- Bonding
- Psychological benefits

Why should this matter to your company?



Retain valued and experienced employees after childbirth

Less stressed mother = more productive

Lower health care costs for mother/company

Reduction in sick days taken by employee who is breastfeeding their child vs. formula fed

Satisfied and loyal employees

ALL MAJOR cost savings to a company

Lactation room/corner + storage

Refrigerator space

Dedicated room

NOT the bathroom /car

Small area

Electricity outlet for pumps

Clean & sanitary space

Reasonable break times - know your rights!

Privacy screen

Close to workspace



Work schedule



Part-time

Job sharing

Room for flexibility?

Full-time

On-site day care

Compressed week (Same hours, fewer days)

Tele-conferences

Work from home

