



Become a Breastfeeding-Friendly Workplace

WHY this is important

Employees who breastfeed receive important health advantages, including reduced risk for breast cancer, ovarian cancer, and Type 2 diabetes, along with a more rapid return to pre-pregnancy weight. Breast milk by itself contains all the nutrients a baby needs for the first six months. Continuing to breastfeed after solid foods are introduced, provides important nutrients and immune benefits to the growing baby.

Employees need to know that when they return to work they have a place to feed their babies or pump breastmilk. Active support from the worksite and management is essential for the employee's successful transition back to the workplace. Employers also benefit significantly from supporting breastfeeding employees through decreased employee turnover, and reduced absenteeism and healthcare costs.

HOW to support this outcome

- Establish a written policy that states your company's support of a women's choice to breastfeed.
- Allow the use of flexible time and breaks for expressing breastmilk.
- Provide a clean, private space (that is not a bathroom) for expressing breast milk.
- Provide lactation education through flyers, classes or other venues.

Highlighted activities offer the highest impact.

WHERE to go for resources

- Vermont Department of Health: healthvermont.gov/worksite-wellness

Toolkit ▶ *Sample Breastfeeding Policy Template*

For more info ▶ The Vermont Department of Health is here to help. Contact the district office near you: www.healthvermont.gov/local.