

# BREASTFEEDING: SIMPLY THE BEST

## How do businesses support breastfeeding employees?

**Support:** From supervisors, colleagues and the employer

**Time:** Leave after birth and flexible scheduling to accommodate lactation breaks during work time

**Education:** For mothers, partners and supervisors about the benefits of breastfeeding and the worksite policy

**Place:** A private space to express milk

Minnesota state law requires employers provide nursing mothers with reasonable unpaid break time to express milk and a private a room or other location for milk expression, other than a bathroom or toilet stall, with access to an electrical outlet and in close proximity to the worksite.

Resources & Recognition Program information available at: <https://www.health.state.mn.us/people/breastfeeding/>



## Breastfeeding Friendly Workplace

**Women who return to work often find it challenging to meet their breastfeeding goals. Workplace support for breastfeeding is a critical piece of the national effort to extend the time mothers breastfeed and increase exclusive breastfeeding.**

### Why should my workplace support breastfeeding women?

Supporting breastfeeding mothers is not only the right thing to do, it helps businesses save money and retain employees. Supporting breastfeeding women in the workplace has bottom line benefits for employers.

- \*Breastfeeding employees miss work less often
- \*Breastfeeding lowers health care costs
- \*Breastfeeding support in the workplace reduces turnover rates
- \*Workplace lactation support programs improve productivity and loyalty
- \*Breastfeeding support can generate positive public relations



"Breastfeeding is so important for the health of mothers and babies that major medical organizations, such as the American Academy of Pediatrics (AAP), recommend that babies receive nothing but breastmilk during the first 6 months of life and continue receiving breastmilk for at least their first year. More than 80% of new mothers now begin breastfeeding immediately after birth. Breastfed babies are healthier and have lower health care costs. Giving breastmilk, rather than formula, helps prevent sudden infant death syndrome (SIDS), asthma, ear infections, type 2 diabetes, and many other illnesses. And the longer a mother feeds her child breastmilk, the more health benefits there are for both mother and child."

<https://www.womenshealth.gov/supporting-nursing-moms-work/>



## Upcoming Lactation Education and Events

September 19 & 20, 2019. (Staples, MN) **Protecting Breastfeeding in a World of Pharmacology**, guest speakers Thomas Hale & Joanne Wesley, for more information: [kristinabecht@lakewoodhealthsystem.com](mailto:kristinabecht@lakewoodhealthsystem.com) or 218-894-8846

September 23, 2019 (Two Harbors, MN) **Northland Breastfeeding Coalition meeting**, Noon - 2:00 pm [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

September 24, 2019 (Virginia, MN) **Northeast Minnesota Breastfeeding Summit**, <https://16-ne-mn-breastfeeding-summit.eventbrite.com>

October 8, 2019 (Cloquet, MN) **Carlton County Breastfeeding Coalition meeting**, Noon - 2:00 pm, for more information contact [patti.Martin@co.carlton.mn.us](mailto:patti.Martin@co.carlton.mn.us)

October 14-18, 2019 (Milwaukee, WI) **Lactation Counselor Training (CLC)** [https://centerforbreastfeeding.org/register\\_lctc/](https://centerforbreastfeeding.org/register_lctc/)

October 24 & 25, 2019. (Rochester, MN) **Minnesota Breastfeeding Coalition Annual Meeting & Workshop**, <https://mnbreastfeedingcoalition.org/>

October 21-25, 2019 (Minneapolis, MN) **Foundations for Best Practice in Lactation Care**, to register: [www.mhealth.org/lactationcourses](http://www.mhealth.org/lactationcourses)

October 29-30, 2019 (Minneapolis, MN) **Excellence in Care with the Ten Steps**, to register: [www.mhealth.org/lactationcourses](http://www.mhealth.org/lactationcourses)

November 25, 2019 (Duluth, MN) **Northland Breastfeeding Coalition meeting**, Noon - 2:00 pm. [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

Healthy Northland seeks to improve the quality of life and health of all people in northeastern Minnesota. This newsletter is made possible by the Minnesota Department of Health's Statewide Health Improvement Partnership.

Interested in receiving this newsletter? Contact [yoditg@communityhealthboard.org](mailto:yoditg@communityhealthboard.org)

For more breastfeeding resources & information visit: [www.healthynorthland.org/resources/breastfeeding](http://www.healthynorthland.org/resources/breastfeeding)