



Fact Sheet

Make breastfeeding work on the job

Many mothers know that breast milk is nature's perfect food for babies, with just the right ingredients, in just the right amount. They choose breastfeeding for their infants in the first months of life, but find it difficult to continue when they have to return to work for several reasons:

- a lack of support from employers and co-workers,
- no private space to express breast milk or breastfeed,
- no time allowed for breaks to breastfeed or express breast milk, and
- no place to safely store expressed breast milk at the work site.

Some legal protections are in place for working mothers who wish to continue breastfeeding. Missouri legislation gives a mother the right to breastfeed her child in any public or private location where she is otherwise authorized to be, including at her job. Federal Law requires employers to provide reasonable break time for an employee to express breast milk for her nursing child, and to provide a private space, other than a bathroom, for her to do so.

Evidence shows when employers support breastfeeding mothers in the workplace, they experience lower health care costs and lower absenteeism, as mothers don't need to stay home with sick children as often. They also retain valuable, trained employees and see improved public relations. Mothers enjoy health benefits and greater peace of mind as they are allowed to continue providing ideal nutrition for their children.

Encourage your employer and co-workers to develop a supportive, breastfeeding-friendly environment in your workplace. Your efforts may help a mother continue to make breastfeeding work on the job.

Learn more by visiting www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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