

Healthy Employees.
Healthy Babies.
Healthy Business.

Make Your Business a Breastfeeding Friendly Workplace



Missouri Department of Health and Senior Services

P.O. Box 570, JC, MO 65102

Missouri

Breastfeeding Friendly
Worksite Program



The Missouri Breastfeeding Friendly Worksite Program is here to support your efforts in becoming a breastfeeding friendly workplace.

We have trained volunteers throughout the state ready and willing to help you with things like:

- identifying and setting up a suitable private room
- scheduling appropriate breaks for nursing employees
- reviewing written policies

[health.mo.gov/breastfeeding/
workplacesupport](http://health.mo.gov/breastfeeding/workplacesupport)

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Women who return to work while continuing to breastfeed need the support of their employers.

Their needs are simple: a safe, private and comfortable location at the worksite and the opportunity to pump two or three times during the work day.

Employer support of breastfeeding provides many benefits to businesses:

- **Cost savings** of \$3 per \$1 invested in nursing support
- **Reduced absenteeism** to care for sick children because breastfed infants have less illness
- **Lower health care costs**
- **Improved employee productivity** with higher morale and greater employee loyalty
- **Increased ability to attract and retain valuable employees**
- **Family-friendly image** in the community

Both employers and employees benefit from a well-implemented breastfeeding employee support program. A successful program will include: company policies that support breastfeeding; flexible scheduling options; and sufficient break times to nurse or express milk on the job in a safe, clean environment.

Free Assistance to Businesses

We have well-trained professionals around the state who will work with your business at no cost. Funding may also be available to implement the program at your worksite. Please contact Kathy Mertzluft, State Breastfeeding Coordinator, at: Kathy.Mertzluft@health.mo.gov or call 573-526-4792 for more information.

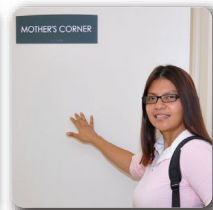
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Missouri Department of Health and Senior Services
P.O. Box 570
Jefferson City, MO 65102
AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis. 500 11/15

The fastest growing segment of today's labor force is women with infants and young children. At least **58 percent** of women employed when they become pregnant return to the labor force by the time their child is 3 months old.



Missouri Breastfeeding Coalition



The Missouri Breastfeeding Friendly Worksite Program is modeled after a national initiative of the U.S. Department of Health and Human Services (HHS), Health Resources and Services Administration's Maternal and Child Health Bureau, and the HHS Office on Women's Health.