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
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.

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

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.

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 Mertzlufft, State Breastfeeding Coordinator, at: Kathy.Mertzlufft@health.mo.gov or call 573-526-4792 for more information.

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.