

**MAKE YOUR SCHOOL A  
 BREASTFEEDING FRENDLY  
 WORKPLACE!**

SUPPORT STAFF WHO ARE BREASTFEEDING

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## Why should becoming a breastfeeding friendly workplace matter to your school?

Attracts and retains employees *(less turnover)* Exemplifies that your school is a leader in health promotion

50% fewer sick days for mom and baby

*(breastfed babies are healthier)*

Lactation support improves employee productivity Lowers health care and insurance costs

*(up to $500 reduction in healthcare costs per child)*

## What does it mean to be a breastfeeding friendly workplace?

There is a supportive culture from supervisors surrounding breastfeeding

Have a lactation space *(cannot be a bathroom)* Allow solutions in daily scheduling for adequate time for pumping

# IS YOUR SCHOOL READY?



The (*your breastfeeding coalition name here*) may be able to support your initiative with technical assistance and potential funding to create the space.

Contact us at:

**Did you know?** Providing time and space for pumping is the law. To learn more, search online: *“Breastfeeding laws: federal and state”*

# Take it a step further to become a MN Department of Health Breastfeeding Friendly Workplace

## Implement these steps:

**Policy:** Develop a written policy or guideline that is routinely shared with staff and addresses the elements of support, time and space outlined below.

**Support:** Post encouraging messaging in the lactation space and share specific breastfeeding resources in your community **Time:** Give employees time to pump/express

milk

**Space:** Dedicate an area to privately express milk (including a locked door and electrical outlet)

## Apply at:

[https://www.health.state.mn.us/peo](http://www.health.state.mn.us/people/)ple/ breastfeeding/workplaces.html

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