



**Breastfeeding is good for babies.** In fact, breastfeeding is the “gold standard” for infant feeding, protecting infants from many significant and chronic diseases and providing benefits that last a lifetime. Babies who are breastfed have a decreased risk of ear infections, diarrhea, pneumonia and gastroenteritis in infancy. Breastfeeding also decreases the risk Sudden Infant Death Syndrome (SIDS) and necrotizing enterocolitis (NEC), two leading causes of infant death. It also reduces the incidence of childhood obesity, diabetes, asthma, hypertension and some cancers while improving IQ and academic performance.

**Breastfeeding is good for mothers.** Women who breastfeed have a decreased risk of type 2 diabetes, breast and ovarian cancers, rheumatoid arthritis, high blood pressure, high cholesterol and osteoporosis. Breastfeeding can also save families \$1,200 or more on formula expenses in the first year of baby’s life.

**Breastfeeding is good for business.** Companies that support breastfeeding employees can experience a 3-to-1 return on investment as well as reduced health care costs and decreased employee absenteeism. Businesses with workplace lactation support also attract valued employees and experience lower turnover rates, in addition to enjoying increased employee job satisfaction, morale, loyalty and productivity.

The basic needs of breastfeeding employees are minimal, but important. When a breastfeeding mother returns to work, she needs to express breast milk during the day in order to maintain her milk supply. Many mothers are nervous or afraid to speak to their employers about their needs for time and space to express breast milk, often stopping breastfeeding soon after they return to work.

Federal breastfeeding accommodation law requires employers to provide (1) a private place, other than a bathroom, and (2) reasonable break time for employees to express breast milk.

**Being proactive about getting your company in compliance with the law is good for everyone.**

Visit [www.mibreastfeeding.org/workplace](http://www.mibreastfeeding.org/workplace) to learn more about workplace breastfeeding support.