

# Business Support

The WIC Program Regional Breastfeeding Liaisons are here to support your efforts in becoming a breastfeeding-friendly workplace.

We provide guidance in the creation of breastfeeding friendly workplace policies and help set up a suitable private areas.



## Contact us at:

[www.lovingsupport.org](http://www.lovingsupport.org)

888-451-2499/951-358-7212

# Resources

**U.S Department of Health & Human Services**  
[HHS.gov](http://HHS.gov)

**U.S. Department of Labor**  
[www.dol.gov](http://www.dol.gov)

**Office on Women's Health**  
[www.womenshealth.gov](http://www.womenshealth.gov)

**California Department of Public Health**  
[www.cdph.ca.gov](http://www.cdph.ca.gov)

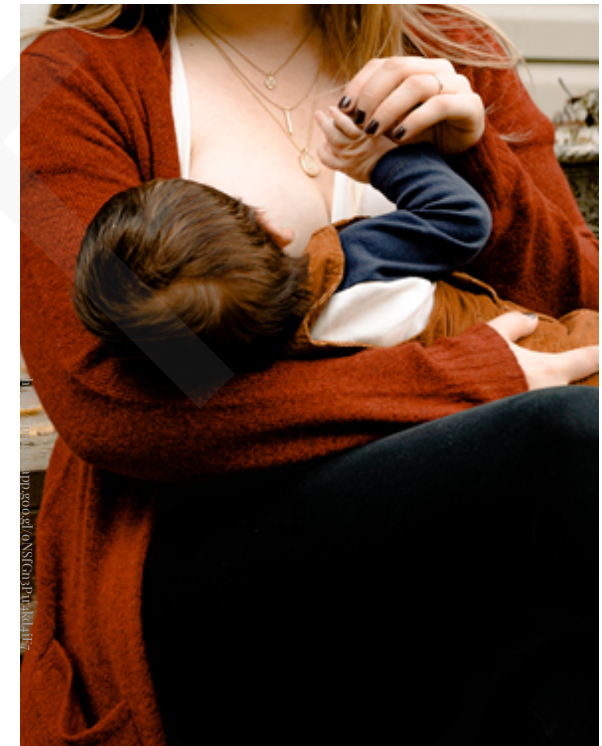
**Women, Infants and Children (WIC)**  
[www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)

**United States Breastfeeding Committee**  
[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

**California Breastfeeding Coalition**  
<http://californiabreastfeeding.org/>

**Inland Empire Breastfeeding Coalition**  
[www.iebreastfeeding.org](http://www.iebreastfeeding.org)

**Loving Support Helpline**  
[www.lovingsupport.org](http://www.lovingsupport.org)



## Supporting Breastfeeding in the Workplace

**Healthy, Happy Employees.  
Healthy, Happy Babies.**

**Healthy Business.**



**Riverside University Health System-Public Health  
Nutrition and Health Promotion Branch  
WIC Program**



## Employer Benefits

### Supporting your breastfeeding employee includes the following:

- Decreased employee absenteeism
- Improved corporate image
- Exclusively breastfeeding can lower healthcare costs
- Improved employee satisfaction and morale
- Greater employee loyalty and retention
- Additional recruitment incentive



Nationally, one in five working mothers who have a child age three or under return to work before the baby is six months old.

Leading health organizations such as the U.S Department of Health & Human Services and the American Academy of Pediatrics, strongly advise mothers to exclusively breastfeed their babies for the first six months, and continue for at least one to two years.

Exclusively breastfeeding is proven to improve health outcomes for the mothers and infants alike.

While breastfeeding is the best option for mothers and their children, it can be challenging. Mothers who want to keep breastfeeding after returning to work need the support of their employers.

We invite you to join us in supporting your employee in her decision to breastfeed her baby. This will provide her infant with the best possible start in life.



## Workplace Laws



### Federal and California State law requires employers to:

Provide a place in close proximity to the work area, other than a bathroom; shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.

Provide reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child's birth each time such employee has need to express the milk.

