

Business Support

The WIC Program Regional Breastfeeding Liaisons from Riverside University Health System 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.lovingupport.org
888-451-2499/951-358-7212

Resources

U.S Department of Health & Human Services
HHS.gov

U.S. Department of Labor
www.dol.gov

Office on Women's Health
www.womenshealth.gov

California Department of Public Health
www.cdph.ca.gov

Women, Infants and Children (WIC)
www.fns.usda.gov/wic

United States Breastfeeding Committee
www.usbreastfeeding.org

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

Inland Empire Breastfeeding Coalition
www.iebreastfeeding.org

Loving Support Helpline
www.lovingupport.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, 1 in 5 working mothers who have a child age 3 or under return to work before the baby is 6 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 6 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.

