

Make Breastfeeding Part of your School's Wellness Plan



A **Breastfeeding Support Program** can help your school meet its healthy school environment goals. Make breastfeeding support a part of your school's:

- Wellness policy
- Obesity prevention plan
- Dropout prevention plan

Did you know....

Breastfeeding reduces employee absenteeism.¹

Breastfeeding increases a mother's self esteem and morale and improves performance.²

Breastfeeding increases retention of experienced employees.³

Breastfeeding students miss fewer days of school to care for sick infants.⁴

Breastfeeding may improve school drop-out rates.⁴

Breastfeeding reduces the risk of diabetes and obesity for both mom and baby.⁵

Children that are breastfed have improved learning outcomes and score higher on IQ tests.⁶

Breastfeeding lowers healthcare and insurance costs.

What's needed for a breastfeeding support program?

Privacy to express milk: a small, private space with an electrical outlet and a locking door like an empty classroom or office.

Flexible breaks: milk expression breaks take about fifteen minutes. Most women need no more than their normal breaks and lunch period.

Support: By making reasonable accommodations and having supportive policies, management can show staff that breastfeeding is valued and supported.

Investing in a worksite breastfeeding support program can yield substantial benefits to your school:

- Lower staff turnover
- Improved performance and morale
- Better school attendance and lower dropout rates
- Helps students reach their full potential

References:

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5. U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality (2007). Breastfeeding and maternal and infant health outcomes in developed countries. Evidence Report, Technology Assessment, Number 153.
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