

“Working and Breastfeeding...It’s Worth It”

A packet of useful information for moms and their employers

You can continue to breastfeed if you must return to work!

MOTHER'S INFORMATION

Breastfeeding... Baby's Best Start. Keep It Up!

You worked very hard for many months to grow a healthy baby. You watched your diet, went to your health care provider regularly and made good decisions to ensure your child has a strong start in life.

Breastfeeding has so many advantages over artificial milk and those benefits can continue even if you have to return to work. In every community there are people who are waiting for your call, waiting to help you! Ask your health care provider to help you find a lactation consultant, a breastfeeding clinic or support group. Or call Healthy Mothers, Healthy Babies at 1-800-322-2588, where Information and Referral Specialists are available to help you find the resources you need.

Your breastmilk is the perfect food for your child and has many unique and special qualities that cannot be reproduced in artificial milk.

Did you know...

Breastmilk enhances a baby's health, growth and development. It is the ideal nutrition for your baby in the first six months of life and changes to meet your child's changing nutritional needs.

Breastmilk contains protective factors that help children fight against ear infections, fatal childhood diseases, respiratory infections and other long-term illnesses.

Breastfed babies are less likely to have chronic digestive diseases and food allergies for the first several years of life.

Breastfeeding is associated with a decreased risk for maternal anemia, premenopausal breast and ovarian cancers.

Breastmilk helps your baby's brain development and may improve your baby's IQ.

Breastfeeding provides an opportunity for mother and child to have special time together.

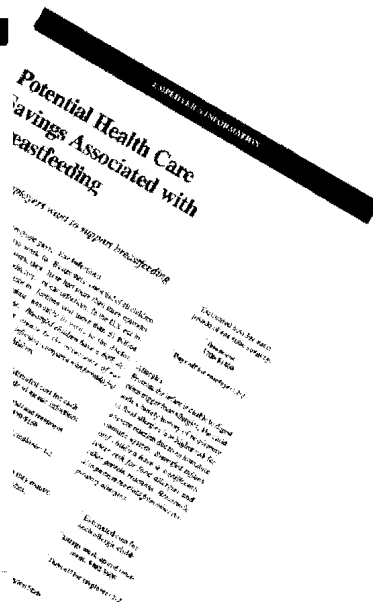
Breastmilk is always readily available; there are no bottles to wash or formula to prepare. Night feedings are much more restful.

Breastfed babies smell better, spit-up and dirty diapers don't smell bad and breastmilk does not stain clothes.

Breastfeeding your baby has environmental benefits. None of the paper, plastic, tin or energy necessary for preparing, packaging or transporting formula are used.

Breastfeeding produces special hormones in the mother that help her feel relaxed and loving towards her child.

It's free!



This FREE packet offers:

- Health facts and benefits about breastfeeding
- Important considerations when looking for breastfeeding friendly childcare
- Information for you to give your employer, including ways employers can support their breastfeeding employees
- How employers can save money and boost morale by supporting their breastfeeding employees

Sample pages from the packet

¡También disponible en español!

To order, call Healthy Mothers, Healthy Babies Coalition of Washington
800.322.2588 or
visit www.hmhbwa.org

RECENT REVIEWS

“This information is very valuable to me as I’m expectant mom who will breastfeed for the first time. It will greatly benefit and better prepare me. Thank you!” — Monica, Port Orchard, WA

“The way the information encourages women by reminding them that they have the power within themselves to continue to breastfeed and have a career is very valuable and well-written.” — Kris, Nurse in Ellensburg, WA

“This information really helped my daughter. Her breastfed baby is healthy and beautiful! Thanks!” - Grateful Grandma

“This packet provides easy to understand information and is attractively put together.” — Denise, WIC Certifier

“A clear and concise packet of materials that we plan to implement in our “Working and Breastfeeding” class. Thanks for the help!”
- Ellen, Lactation Consultant



This packet was created by Healthy Mothers, Healthy Babies Coalition of Washington, the Breastfeeding Coalition of Washington, the Washington State Department of Health and the Washington Chapter of the American Academy of Pediatrics.

