



Healthy Mothers, Healthy Babies Coalition of Washington State

11000 Lake City Way N.E., Suite 301, Seattle, WA 98125-6748

Tel: (206) 284-2465 • Fax: (206) 270-8891

Dear Employer:

We know that you are concerned about the well-being of your employees their productivity and morale. We invite you to participate in an important worksite endeavor, the development of worksite policies and support for breastfeeding employees.

Healthy Mothers, Healthy Babies and its Breastfeeding Coalition of Washington, the Washington Chapter of the American Academy of Pediatrics and the Washington State Department of Health share the belief that breastfeeding is beneficial to individuals, families, employers and our state. Therefore, we are providing information and assistance to employers statewide in the development of worksite policies and support for breastfeeding employees.

When an employee returns from maternity leave, she wants to be a productive and profitable employee and a good mother. That is why so many women today are choosing to breastfeed their babies, even as they return to work. Studies indicate that women who breastfeed are more productive on the job and worry less about their babies. Because their children are healthier, breastfeeding employees take less time off work to care for their sick infants. These benefits positively and directly affect an employer's bottom line.

It takes little time and investment to create a supportive breastfeeding environment. Enclosed is information to help you support your employees. It includes:

- fact sheets entitled "Potential Healthcare Savings Associated with Breastfeeding" and "Easy Steps to Supporting Breastfeeding Employees."
- a sample company policy supportive of breastfeeding.
- a description of a few Washington State breastfeeding-friendly workplaces.
- a copy of the Boeing Company's lactation program brochure.

Thank you for being a leader in your community. If you have questions or would like more information, please feel free to contact Kimberly Radtke, Program Coordinator for the Breastfeeding Coalition of Washington at (206) 281-8032.

Best Regards,

Maxine Hayes, MD
Washington State
Department of Health

Jill Sells, MD
Healthy Mothers, Healthy Babies
Coalition of Washington

Barry Lawson, MD
President, Washington Chapter
American Academy of Pediatrics