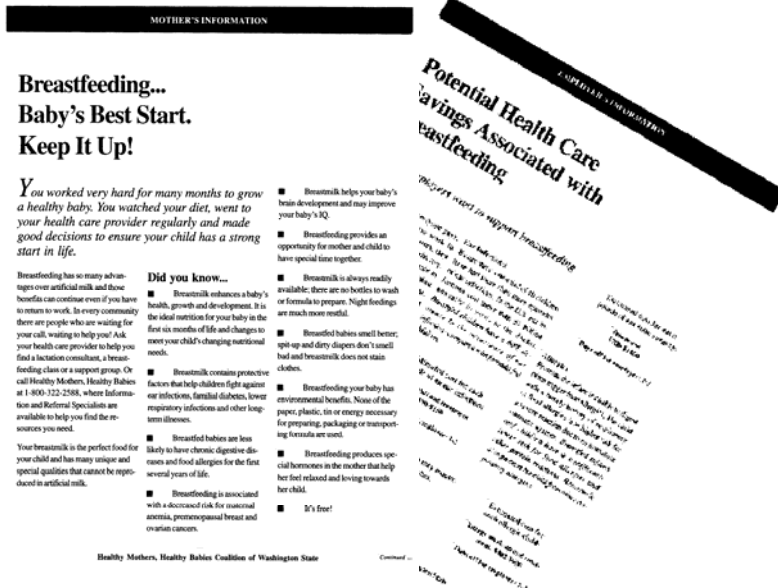


“Working and Breastfeeding...It’s Worth It”

A packet of useful information for moms and their employers

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



Sample pages from the packet

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

¡También disponible en español!

Individual handouts available online at http://www.breastfeedingwa.org/working_packet

COMMENTS

“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!”



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

