

## Breastfeeding Policy

Breastfeeding has extensive health benefits for both the mother and baby. Babies who are breastfed have increased protection against infection and typically turn into healthier children compared to those who are not breastfed. Research shows the longer an infant is breastfed, the stronger the protective effect. Mothers significantly benefit from breastfeeding as well. Mothers who breastfeed recover from pregnancy faster, tend to have improved mental health, and a greater immunity to infection. Thus, it is recommended that mothers breastfeed a minimum of one year.

Schools can have a significant impact by creating a supportive work environment that will promote the health of the mother and baby. A healthy mother and child is a healthy and productive employee!

We, at \_\_\_\_\_ School, are devoted to supporting breastfeeding employees by creating a supportive work site environment to enable mothers who wish to express breast milk during the workday when separated from her infant child up to one year old.

A supportive work environment will consist of a designated room for lactating employees to breastfeed or express breast milk. This designated room will be safe, comfortable, and clean for the mother. The room will have a lock or privacy curtain, accessible electrical outlets, and appropriate privacy signage will be displayed. If the employee prefers, they may breastfeed or express breast milk in their own private offices or classroom. Mothers may store expressed milk in the staff refrigerator. Any breast milk stored in a communal refrigerator must be sealed and labeled. We encourage all staff members to support their colleagues to breastfeed by adopting a positive and accepting attitude.

Breastfeeding employees are allowed to breastfeed or pump during work hours using their regular allowable break times. If time is needed beyond regular break times, employees may discuss with their administration.

Signed,

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Principal

### References:

<https://www.businessgrouphealth.org/pub/?id=f2ffe4f0-2354-d714-5136-79a21e9327ed>

<https://www.womenshealth.gov/files/assets/docs/breastfeeding/employer-solutions/samplepolicy.pdf>