

Breastfeeding Policy

Breastfeeding has extensive health benefits for both the mother and the baby. Research shows breastfed babies have increased protection against infection, and the longer an infant is breastfed, the stronger the protective effect. Mothers who breastfeed recover from pregnancy faster, tend to have improved mental health and have greater immunity to infection.

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 is a healthy and productive employee!

(SCHOOL NAME) is devoted to supporting breastfeeding employees at the school level. (SCHOOL NAME) will create a supportive work environment to enable mothers who wish to express breast milk during the workday when separated from her infant child up to one year old.

(SCHOOL NAME) will provide a designated room for lactating employees to express breast milk. This room will be safe, comfortable, and clean for the mother. The room will have a lock or privacy curtain, accessible electrical outlets, and will display appropriate privacy signage. If the employee prefers, they may express breast milk in their own private office or classroom. Mothers may store expressed milk in the staff refrigerator. Any breast milk stored in a communal refrigerator must be sealed and labeled. Additionally, all staff members are encouraged 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.

Principal

References:

https://www.cdc.gov/breastfeeding/pdf/BF_guide_2.pdf

https://www.cdc.gov/breastfeeding/pdf/strategy5-support-breastfeeding_workplace.pdf

