

WHAT YOU SHOULD KNOW...

The Fair Labor Standards Act requires employers to provide accommodation for nursing mothers. It includes "a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk."

The new provision's space requirements require employers to make a private room available for use if possible. Where that is not possible, employers can create a space by using partitions or curtains and covering all windows. Further, the employee's privacy must be ensured through appropriate signage or a lock on the door.

The American Academy of Pediatrics recommends that infants be breastfed exclusively for the first six months of life to achieve optimal growth, development, and health. Breastfeeding decreases the risk of diseases and chronic conditions among infants and mothers, while reducing health care costs for communities.

"If 90 percent of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants could be prevented."



LEADERSHIP CLASS
2015

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Our mission is to increase awareness in the community and assist businesses to become breastfeeding friendly; allowing mothers the opportunity to provide the recommended nutrition to their babies.

Is Your Business Breastfeeding Friendly?



BREAST FEEDING FRIENDLY BUSINESS

A Leadership Class of 2015 Project

Why should you get a Mothers' Lounge?

- **To support longer breastfeeding!**
- **To maintain and recruit new employees.**
- **It's the law.**



Award Winning Businesses!

2014: Mid State Technical College

2013: Bright Horizons

How to get started:

Step 1:

Contact us! A quick 5 minute telephone intake session will help us understand your current situation and your goals.

Step 2:

We will meet with you in person to discuss accommodation options, financial assistance, room donations, and how to educate your employees

Step 3:

Get your lactation room built and furnished. You are now eligible to win the Breastfeeding Friendly Business of the Year award!

FURNISHING A MOTHER'S LOUNGE

Accommodation Essentials:

Private Room with a lock on door
Electrical Outlet
Chair
Small table
Waste Basket
Nearby Sink with running water
Nearby refrigerator or storage space for small cooler
Employee provides her own breast pump

Modest Accommodations:

All the Essential Accommodations Plus:
Chair—upholstered, comfortable
Sink with running water nearby or in room
Refrigerator nearby or in room
Employer owns or rents an electric breast pump.
Mother brings own attachment kit
Nursing stool
Towel dispenser
Wall clock
Mirror

Luxurious Accommodations:

All the Modest Accommodations Plus:
Upholstered Chair or sofa
Sink with running water in room
Small refrigerator in room
Employer owns or rents an electric breast pump.
Mother brings own attachment kit
Lending library of breastfeeding resources
Radio/Cd Player
Telephone
Appealing art for walls