



# Perinatal e-News

LA BEST BABIES NETWORK



Healthy Babies. Our Future.  
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[www.LABestBabies.org](http://www.LABestBabies.org)

## New Brochure Supports Working Moms who Breastfeed

LA Best Babies Network's new brochure [Breastfeeding-Friendly Workplace Policies](#) encourages employers in California to adopt policies to ensure that working moms have the time, space and support to either express breast milk or breastfeed during the work day. The brochure contains a link to a [policy template](#) which employers can customize for their workplaces. Employees can use the brochure to begin a discussion with their human resources professional about their organization's policy on breastfeeding.

According to a survey conducted by the National Women's Health Resource Center (NWHRC) and Medela Inc.:

- 32 percent of new mothers discontinue breastfeeding within seven weeks of returning to work.
- Working mothers cite the lack of a private, pumping-friendly environment, inflexible work schedule and the lack of a separate refrigerator to store breast milk as the three main physical barriers to breastfeeding in the workplace.

The Network encourages readers to share [Breastfeeding-Friendly Workplace Policies](#) and [template](#) with their employers, human resources professionals, as well as professional and personal contacts.

The Healthy Births Learning Collaborative (HBLC) in Service Planning Area 2 (San Fernando Valley/Santa Clarita) in partnership with the Breastfeeding Taskforce of Greater Los Angeles developed the brochure and template as a strategy to increase breastfeeding rates among women returning to work in their communities. "The power of the brochure is that this community-based project is relevant to all California employers and employees," says Janice French, CNM, MS, director of programs at LA Best Babies Network.

Network members can use the brochure as a tool to educate clients on their rights and, if necessary, advocate for breastfeeding on their behalf. Network members also can use it in their own place of work to ensure that their organization provides a breastfeeding-friendly environment.

For more information on breastfeeding, contact HBLC Coordinator Julie Gates, MPH, CLE, at [JGates@LABestBabies.org](mailto:JGates@LABestBabies.org).

Learn more:

"[Breastfeeding at Work Toughest for Younger Moms and Retail Workers](#)," NWHRC press release.

Breastfeeding Tips for Working Moms

[http://www.healthywomen.org/Documents/Breastfeeding\\_Facts.pdf](http://www.healthywomen.org/Documents/Breastfeeding_Facts.pdf)

<http://www.wicworks.ca.gov/breastfeeding/EmployeeResources/WorkandBF.html>

**We invite you to contribute story ideas and event listings for our consideration in *Perinatal e-News*. To submit items please e-mail [contact@labestbabies.org](mailto:contact@labestbabies.org).**

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