

DO NOT
DISTURB



Mother
at work.

The BUSINESS CASE for
BREASTFEEDING

STEPS FOR CREATING A BREASTFEEDING FRIENDLY WORKSITE

The Business Case for Breastfeeding is a national initiative of the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, and the U.S. Office on Women's Health. The Breastfeeding Coalition is a partner in this national initiative.

Did you know?

- You will need to pump about every 2-3 hours while away from your child.
- You should not pump in a bathroom - it's not sanitary.
- Your baby needs about 1 oz. of breast milk for each hour you are apart. For most mothers, that's only 8-9 ozs. each day!
- A quality electric breast pump is important - contact your insurance company or local health department about getting one.

For Breastfeeding Support:

- Contact your Local WIC office - they offer support and breast pumps. View a map here - http://www.kansaswic.org/families/WIC_county_map.html
- Local Breastfeeding Resource Directory - search for support by zip code at <http://ksbreastfeeding.org/local-resources/>

For Workplace Support:

- Kansas Breastfeeding Coalition Workplace Resources - visit <http://ksbreastfeeding.org/cause/business-case-for-breastfeeding/>
- WIC Going Back to Work - visit <https://wicbreastfeeding.fns.usda.gov/going-back-to-work>



Kansas
Breastfeeding
Coalition, Inc.