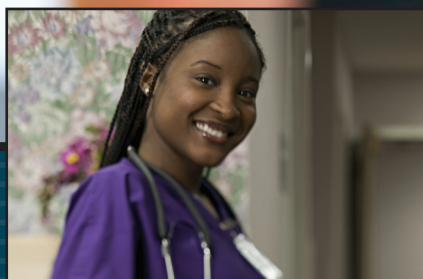


# The BUSINESS CASE for BREASTFEEDING

STEPS FOR CREATING A BREASTFEEDING FRIENDLY WORKSITE

## BREASTFEEDING AND WORKING: EVERYONE BENEFITS



### B O T T O M L I N E B E N E F I T S

#### Benefits for BABIES

- Lower risk of infections, illnesses, and obesity
- Health benefits last well beyond infancy, especially for infants enrolled in daycare

#### Benefits for FAMILIES

- Breastfeeding mothers recover from pregnancy faster and have less risk of breast cancer
- Families save \$3,000 - \$4,000 per year

#### Benefits for BUSINESS

- Healthier babies means lower company health care costs
- Mothers and fathers of breastfed babies take less sick leave
- Companies that support breastfeeding employees are able to retain their maternity workforce at significantly higher rates

*Breastfeeding and working can work for everyone!  
Find out how it can work for you today!*

WWW.WOMENSHEALTH.GOV



Published in 2008 by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau.

"...HRSA, the lead U.S. Department of Health and Human Services Agency for improving access to health care for underserved and vulnerable individuals..."

This poster was produced under contract for the U.S. Department of Health and Human Services, Health Resources and Services Administration by Every Mother, Inc. and Rich Winter Design and Multimedia.

This poster is available during 2008 at [www.mchb.hrsa.gov/pregnancyandbeyond](http://www.mchb.hrsa.gov/pregnancyandbeyond)  
Print copies can be obtained from the HRSA Information Center 1-888-Ask-HRSA