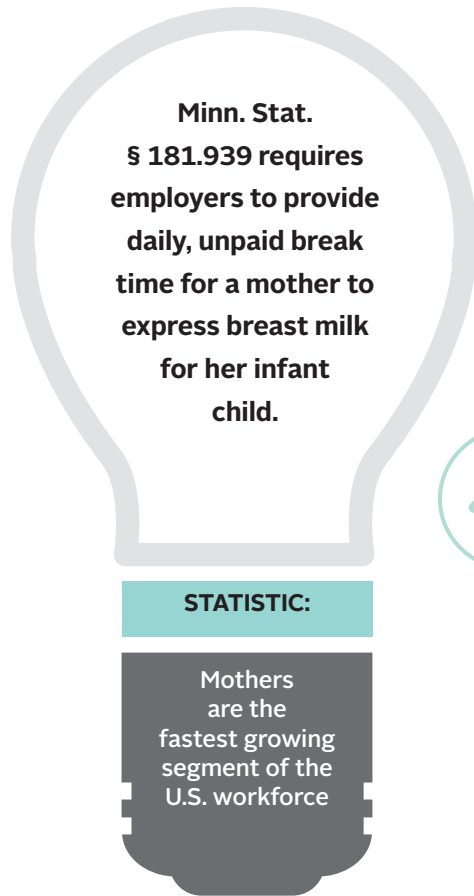


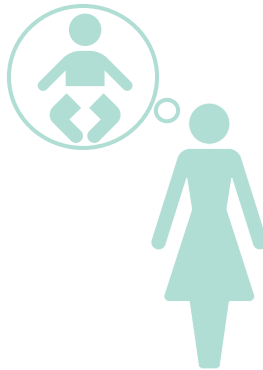
Workplace Wellness. BREASTFEEDING.



Supporting returning moms to the workplace with a private space to pump goes far beyond providing a physical space. This show of support helps the employee feel valuable and respected. The basic needs of breastfeeding employees are minimal and include the time and space to do so, support from supervisors and colleagues, information on how to successfully balance work and breastfeeding.

Why encourage moms?

Supportive breastfeeding policies have benefits that include an earlier return from maternity leave, higher employee productivity and morale, higher employer loyalty and potential recognition as a family friendly business.



What have Crow Wing County businesses implemented to encourage breastfeeding moms to return to the workplace?

Area businesses have taken steps to help their employees make the healthy choice, the easy choice:

- Essentia Health St. Joseph's Medical Center is a designated breastfeeding friendly workplace by the Minnesota Department of Health.
- CTC offers their employees a private breastfeeding space with a mini refrigerator.



Minimal cost ideas

- Provide a private space.
- Provide a small refrigerator.
- Encourage supervisors and colleagues to be supportive.

For more information on how to provide a supportive breastfeeding environment contact: Missy Lake Melissa.Lake@EssentiaHealth.org

EXPECTED OUTCOMES FOR YOUR BUSINESS

- Achieve employee satisfaction
- Maximize productivity
- Minimize absenteeism
- Manage healthcare costs

Crow Wing
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www.CrowWingEnergized.org