

# Breastfeeding Friendly Worksites – Tip Sheet

Share links to COBA website ppts: [Original PowerPoint](#) (38 slides; more detailed)

[Edited PowerPoint](#) (17 slides; shorter version)

Share the Texas Mother-Friendly Video – 1.5 minutes <http://texasmotherfriendly.org/> )

## Questions from Worksites:

### 1. What's in it for me?

- Reduced staff turnover and retention of skilled workers after the birth of a child
- Reduced sick time/personal leave to care for a sick child
- A healthier workforce with fewer and less expensive health insurance claims
  - Less illness and decreased health care costs of about \$400 per breastfed baby in the first year of life
- Enhanced job productivity, employee satisfaction, loyalty and morale
  - Better health and more days at work mean increased output.
  - A supportive work environment can boost employee satisfaction
  - Improved ability to retain valuable employees
- An enticing recruitment incentive
  - Employers who are supportive of their breastfeeding employees have a more positive, family-friendly image in their community and a reputation as a company concerned for the welfare of its employees and families
- **A total cost savings benefit of \$3 for every \$1 invested**

### 2. How much will it cost?

It's a very low-cost investment with high returns.

Costs for accommodations can range from:

**< \$150 - basic, < \$350 – \$850 - moderate; ~ \$500 – \$1,000 maximum):**

[The Business Case for Breastfeeding - Easy Steps to Supporting Breastfeeding Employees](#) Page 11 Figure 4

### 3. What is needed for the room?

A dedicated room or access to a room about the size of a small office, that provides a cozy, convenient, and accessible place for mothers to go and pump breastmilk

At a minimum, the room should:

- be a comfortable location that allows privacy for pumping (not a toilet stall)
- include a table, chair, and an electrical outlet
- be near a clean water source & sink (to wash hands & rinse breast pump equipment)

Additional options for the room:

- refrigerator access for safe storage of milk
- electric breast pump (rented or purchased)
- double pumping kits
- room décor - bulletin board, CD or tape player (relaxing music helps with “let down”)
- footstool
- Setting up “A Lactation Room” (PDF, 115.6 KB)
- stand or table for books/papers for “hands free” reading (both hands are usually needed for pumping)
- breastfeeding books/articles
- masking tape/pen to label breastmilk with name/date
- curtain or partition for privacy (if more than one employee uses the room at the same time)