

# The BUSINESS CASE for BREASTFEEDING

STEPS FOR CREATING A BREASTFEEDING FRIENDLY WORKSITE

## BREASTFEEDING AND WORKING: EVERYONE BENEFITS



## BOTTOM LINE BENEFITS

### 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!*

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