

August is

Breastfeeding Awareness

MONTH



Making it work on the job

in Michigan

Breastfeeding is well worth the investment for baby, mom and employer.

Let's help working moms with breastfeeding...

SUPPORT

- Family, Friends, Employer, Co-workers, Mom-to-mom groups, WIC

TIME

- When to talk to employer
- Ways to extend maternity leave
- Flex scheduling or job sharing

EDUCTION

- Importance of breastfeeding to baby, mom and employer
- Establishing and protecting milk supply
- Expressing and storing milk

PLACE

- Private areas to express milk
- Baby come to work or work from home

STEP it up for working moms!