Make Breastfeeding Part of your School’s Wellness Plan

A Breastfeeding Support Program can help your school meet its healthy school environment goals. Make breastfeeding support a part of your school’s:

- Wellness policy
- Obesity prevention plan
- Dropout prevention plan

Did you know….
Breastfeeding reduces employee absenteeism.¹
Breastfeeding increases a mother’s self esteem and morale and improves performance.²
Breastfeeding increases retention of experienced employees.³
Breastfeeding students miss fewer days of school to care for sick infants.⁴
Breastfeeding may improve school drop-out rates.⁴
Breastfeeding reduces the risk of diabetes and obesity for both mom and baby.⁵
Children that are breastfed have improved learning outcomes and score higher on IQ tests.⁶
Breastfeeding lowers healthcare and insurance costs.⁷

What’s needed for a breastfeeding support program?
**Privacy to express milk:** a small, private space (not a bathroom) with an electrical outlet and a locking door, like an empty classroom or office.
**Flexible breaks:** milk expression breaks take about 15 minutes. Most women need no more than their normal breaks and lunch period.
**Support:** by making reasonable accommodations and having supportive policies, management can show staff that breastfeeding is valued and supported.

Investing in a worksite breastfeeding support program can yield substantial benefits to your school:

- Lower staff turnover
- Improved performance and morale
- Better school attendance and lower dropout rates
- Helps staff and students reach their full potential

References: