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.

**What’s needed for a breastfeeding support program?**
**Privacy to express milk:** a small, private space with an electrical outlet and a locking door like an empty classroom or office.  
**Flexible breaks:** milk expression breaks take about fifteen 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 students reach their full potential

References: