

Supporting Lactating Employees During Covid-19

Breastfeeding is one of the few immune boosters that we can currently offer to our infants during this global pandemic. We also know breastfeeding rates increase dramatically with support.

Create a Clean & Safe Environment

- Allow breastfeeding parents to take breaks to express milk or nurse their children
- Provide access to a private space for expressing milk or nursing that:
 - Is Lockable
 - Is shielded from view
 - Has a hand hygiene station nearby
 - Is NOT a bathroom

Write a Policy

- Assistance available at <contact@breastfeedingcommunities.org>
- If possible, offer a flexible return-to-work policy (part-time, telecommuting, flex time, etc)

Support Each Other

- Lactating employees and customers are always welcome and respected
- Parents will never be treated poorly, asked to stop feeding or asked to cover up or move
- Offer print materials for [local breastfeeding resources](#) for customers
- Display [breastfeeding promotion materials](#)

Become a Breastfeeding Family Friendly Employer

- Lower healthcare and insurance costs due to healthier babies and parents
- Reduce the rate of absenteeism due to infant illness
- Lower employee turnover rates
- Improve employee and customer loyalty and satisfaction

Apply to be designated a [Breastfeeding Family Friendly Employer and/or Community Partner](#) that supports lactating employees, customers, and patrons.

Helpful Resources

- [Pumping at Work: Supporting Lactating Employees During Coronavirus \(COVID-19\)](#)
- [Breastfeeding Family Friendly Communities Resources for Employers](#)
- [CDC COVID-19 Businesses and Workplaces: Plan, Prepare, and Respond](#)
- [North Carolina Making It Work Toolkit: Employers](#)
- [Breastfeeding Friendly Employers and Community Partners](#)