Breastfeeding and Working: Everyone 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 mean 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!

WWW.WOMENSHEALTH.GOV

Published in 2008 by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau.

"...HRSA, the lead U.S. Department of Health and Human Services Agency for improving access to health care for underserved and vulnerable individuals."

This poster was produced under contract for the U.S. Department of Health and Human Services, Health Resources and Services Administration by Every Mother, Inc. and Jack Winter Design and Multimedia.

This poster is available during 2008 at www.mchb.hrsa.gov/pregnancyandbeyond, Print copies can be obtained from the HRSA Information Center 1-888-Ask-HRSA.