

Breastfeeding Works In Gallatin and Park Counties

Supporting breastfeeding employees helps save money in health care costs, decreases employee turnover and employee absenteeism, and improves recruitment and retention! Aetna, for example, found a 3:1 return on investment in supporting it's lactating employees!



Employers can support breastfeeding families by:

- ◆ Providing a space for expressing milk that is clean and safe
- ◆ Making pregnancy and breastfeeding pamphlets, books, and videos available
- ◆ Provide a list of community resources
- ◆ Names of local support groups
- ◆ Clear breastfeeding policy



A basic breastfeeding/lactation room needs:

- ◆ An electrical outlet
- ◆ A room that locks from the inside
- ◆ A chair
- ◆ A table or flat surface for the breast pump
- ◆ Disinfectant wipes or spray and paper towels
- ◆ Waste basket
- ◆ Clean room or space
- ◆ NOT a bathroom



You can find a suitable location!

Here are some possible ideas to get you started!

- ◆ **Retail sales, mall store, fast food business:** Small storage closet, manager's offices, storage areas, changing rooms
- ◆ **Airport:** Airline lounge, little used offices or storage areas, corner of a room with portable partitions
- ◆ **Restaurant:** Manager's office, split shift with mom home during slow periods
- ◆ **Hotel:** Unoccupied guest room, unused or little used office space, storage room, conference or meeting space
- ◆ **Transportation workers:** Stations along their route, in her vehicle with a portable charger
- ◆ **Construction:** Office trailer or in her vehicle with a portable charger or battery operated breast pump
- ◆ **Law enforcement officers:** Municipal buildings may provide spaces for pumping
- ◆ **Emergency personnel:** Municipal buildings, local hospitals or the back of an unused ambulance
- ◆ **Military:** Partitioned off sections of locker rooms
- ◆ **Hospital workers, physicians, nurses, administrators:** Dedicated lactation room, unused rooms, closets, offices or conference rooms
- ◆ **Migrant, field or agricultural workers:** Portable tents, battery operated pumps or hand pumps
- ◆ **Assembly line or factory workers:** Dedicated room close to worker locations, sectioned off corner of a locker room, administrative offices, conference rooms
- ◆ **Teachers:** Unused office, nurse's office, unused music, art or classroom



Breastfeeding Support Groups In Gallatin County

- ◆ **La Leche League meetings monthly on the 2nd Tuesday at noon at the Grand Avenue Christian Church (110 S Grand Avenue, Bozeman)**
- ◆ **Baby Bistro breastfeeding support groups meet in Bozeman (Thursday 11am to 1pm-Bozeman Public Library), Livingston (Every other Wednesday 11am to 1pm-Livingston Public Library), West Yellowstone (2nd and 4th Mondays 11am to 1pm-CHP)**
- ◆ **Breastfeeding Support Group meets weekly on Fridays 10:30am to 12:30pm at the Birth Place (820 N Wallace, Bozeman)**



WIC is an equal opportunity provider.



05/2016