



A RESOURCE FOR HEALTHY LIVING FROM THE
GALLATIN CITY-COUNTY HEALTH DEPARTMENT

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Dear Gallatin County Employer:

I am writing on behalf of your breastfeeding employee and her baby.

More than 90% of new mothers will start breastfeeding their babies in Gallatin County. It is her desire to continue providing breast milk to her baby after she returns to work and she will need your support to be successful in this decision.

As an employer who supports your employee's decision to provide her baby with the optimal infant nutrition, you will ensure a more loyal and productive employee, happy in knowing she can contribute to her child's health even when apart. She will have less absenteeism from her job because of infant illnesses and her baby will have fewer earaches, gastrointestinal and other infant health problems.

Breastfeeding is a natural part of the birthing cycle, and significantly lowers the mother's risk for breast cancer, ovarian cancer and osteoporosis the longer she is able to breastfeed. Breastfed babies continue to receive antibodies to protect them against infection and disease for as long as they breastfeed. This is especially important for babies in childcare centers. Babies receive most of their nutrition from their mother's milk, even after they begin eating solid foods.

The American Academy of Pediatrics recommends breastfeeding for at least one year or longer to protect babies against diabetes, obesity, and osteoporosis. Breastfeeding also enhances brain development and increases I.Q.

All major health organizations, including the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the World Health Organization, the U.S. Surgeon General, and the American Academy of Family Physicians support breastfeeding and encourage employers to do the same.

The Gallatin Breastfeeding Coalition is happy to assist you meeting the needs of your employee according to the ACA 2010 and Montana state law. We're here to support your decision to become a designated Breastfeeding Friendly Worksite in Gallatin County.

Sincerely,

Melenie Duval, CLC / Lactation Education Program and Gallatin Breastfeeding Coalition Coordinator

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