



# Becoming a Breastfeeding-Friendly Workplace

The Florida Keys Healthy Start Coalition is celebrating 30 years of uniting people and resources to improve the health and well-being of pregnant women, children, and their families in the Florida Keys. Our vital work ensures babies are born healthy to prepared parents and that families in the Keys are educated, empowered, and thriving.

Our Healthy Babies program focuses on improving the physical and mental health of families. This year we received a grant from the National Association of County and City Health Officials to help make Monroe County a more family-friendly and breastfeeding-friendly place. We cannot do this alone. We would like to invite you to join us in working towards this goal. With the national formula shortage making headlines, it is more important now than ever that babies in our community get the vital nutrition they need so they can grow and stay healthy. This is where you and your business can help. One way to meet these needs is to make breastfeeding support available to moms when they return to work.

We recognize that sometimes it can be hard for employees and employers to have these conversations. We want to help. This packet includes some information about how you can post signs in your HR offices and break rooms or include them in company newsletters. Supporting breastfeeding moms at work is really simple: all they need from you is a private space to pump and the break time to do so.

Promoting breastfeeding at work is not only beneficial for the well-being of mothers and their babies, but it is also helpful for your business and company. When companies encourage employees by having policies and designated space for pumping, employees feel supported and have higher job satisfaction. As you know, productive, satisfied, and experienced employees mean less employee turnover and lower costs in recruiting and training. There are a lot of studies about how supporting breastfeeding moms also leads to lower health care costs, lower absenteeism rates, and higher retention rates. If you would like more information, we would be happy to share.

We hope you will join us by signing this letter and agreeing to be a breastfeeding-friendly workplace!



**This program is supported  
by NACCHO.**



# Yes! We want to be a breastfeeding-friendly employer!

Please email your logo and company website to [upperkeyscl@keyshealthystart.org](mailto:upperkeyscl@keyshealthystart.org) and sign this form indicating your commitment so we can include you in our promotional materials and let the community know about your breastfeeding-friendly and family-friendly support.

**Business Name :**

is committed to supporting breastfeeding employees, their babies, and their families in the Keys.

**We will provide the following lactation services for our working mothers:**

- Provide time to pump
- Provide designated space to pump
- Resource packet when employee announces pregnancy
- Family-Friendly Workplace signs in HR, break rooms, or newsletters

**FKHSC will provide the following resources for your business:**

- Your logo on our website, social media, press releases, and newsletters
- Resource packet when employee announces pregnancy
- Family-Friendly Workplace signs in HR, break rooms, or newsletters

Your Signature :

Your printed name :

Your job title :

Date:

FKHSC Signature:

FKHSC printed name :

FKHSC job title :

Date :



# Let's Share the Good News!

## **Sharing news of your commitment with the community:**

We want to support and encourage you to formally acknowledge your dedication to being a breastfeeding-friendly and family-friendly business.

In order to spread the word about your agreement to support breastfeeding families at your establishment, we will be highlighting your commitment to your employees through:

- Posts on our social media pages (Facebook, Instagram)
- Dedicated page on our website highlighting your business
- Press releases and local media coverage
- Highlights in our community newsletters

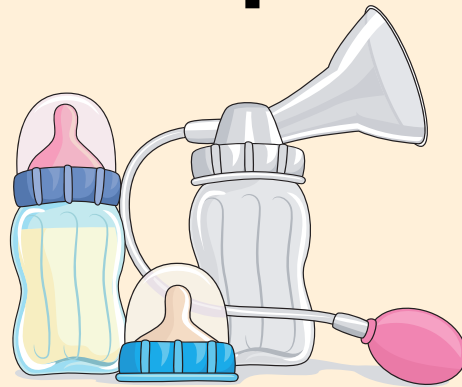


## **Sharing news of your commitment with your employees:**

One simple way to promote your breastfeeding support services is to have managers share materials about your policies with any pregnant employee. When an employee shares the exciting news that she is pregnant, that is a great time to discuss your company's dedication to lactation support.

We are happy to provide materials that could be posted in Human Resources, employee break rooms, or shared in a newsletter. Attached, you will find an example of what we can provide to let your families know that you support breastfeeding. We are also happy to provide resource guides and brochures about our other services if you would like to include those with a packet for pregnant employees. We are here to help families and we are also here to help you.

# Family-Friendly Workplace



We fully support parents in our workplace to breastfeed and pump as needed. We have a room available for employees to do so in a clean, quiet, and private space. Please contact HR or your supervisor for more information

The Florida Keys Healthy Start Coalition unites people and resources to improve the health and well-being of pregnant women, children, and their families in Monroe County.

For more information about FKHSC and our programs, please scan the QR code and follow us on social media!

