

Breastfeeding is Good for Babies and for Moms!

Benefits for Working Families



It's your right to breastfeed your baby, even after you return to work

Going back to work doesn't mean you need to stop breastfeeding. Federal law now requires your employer to provide nursing mothers with reasonable break time and a private space to pump milk for their babies for up to a year. You will need 20 to 25 minutes every 2 to 3 hours if your baby is less than 4 months old, and every 3 to 4 hours if your baby is 5 months or older.

Breastmilk is the best food for babies

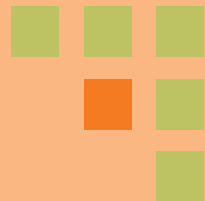
In the first six months of life, breast milk gives babies everything they need to grow, have healthy immune systems and to help develop their bodies and brains. Breastfeeding is also good for mothers. The American Academy of Pediatrics and the U.S. Surgeon General recommend that mothers breastfeed exclusively for six months and keep nursing for one year for optimal infant nutrition and maternal health. Breastfeed your baby to:

- Help protect your baby from illnesses, such as ear infections, colic and diarrheal infections. When illnesses do occur, breastfed babies recover faster and the effects may be milder than for babies who are not breastfed.
- Help you lose pregnancy weight.
- Reduce your risk of breast and cervical cancer.

"Providing breastfeeding support has a positive business impact at PNC through an increase in prospective qualified applicants, employee productivity, retention and reduced absenteeism. It also is simply the right thing to do. From corporate policies to administration by managers, PNC's culture advocates for and accommodates a working mother's need for a lactation room."

— Andria Jones, HR Consultant II,
Workplace Solutions, PNC

Breastfeeding can protect infants from acute illness and infection.



Breastfeeding can save your family money

When moms breastfeed, they can save \$1,000 to \$3,000 every year by:

- Not buying infant formula.
- Needing less medical care and fewer prescription medications.
- Taking fewer unpaid absences from work due to infant illness.

Talk with your supervisor about how you can make arrangements in your work schedule to take breaks to pump milk. Your employer's workplace lactation program and this online toolkit can help. It offers tips, tools, success stories, a discussion forum and fliers with federal and local resources that are available to help support your choice to breastfeed your baby.

"When I first came back to work, I didn't know how I would be able to juggle going to work and being a mom. I'm very motivated to have a career—having the corporate lactation program helps me achieve the best of both worlds, to have a baby and still advance in my career."

— *Haven Christine Panessa,*
Senior Account Services Team
Specialist, PNC