

A photograph of two babies crawling out of an open cardboard box. The baby on the left is white with blue eyes, wearing a light blue long-sleeved shirt. The baby on the right is Black with dark curly hair, wearing a yellow short-sleeved shirt. They are both smiling and looking towards the camera. The box is made of brown cardboard and is open, with the babies crawling out from the top.

# Healthy Babies Make Happy Moms and Excellent Employees!

## Now Under Federal Law, Moms Can Pump Milk at Work


Workplace lactation support benefits business and working families by:

- Decreased employee absenteeism.
- Reduced health care costs.
- Increased employee retention, loyalty and productivity.
- Providing infants and mothers optimal nutrition and important health benefits.
- Preventing sick days and medical visits.

Ask your supervisor or manager for more information about how your employer supports nursing mothers at work.

Visit the toolkit today!  
[www.corporatevoices.org/lactation](http://www.corporatevoices.org/lactation)



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# ¡Bebés saludables, mamá felices... y excelentes empleadas!

Ahora, por ley federal, las mamás pueden extraer leche para sus bebés en el trabajo

El apoyo de lactancia en el lugar de trabajo beneficia a las empresas y a las familias que trabajan, ya que se logra lo siguiente:

- Proporcionar a los bebés y a las madres una nutrición óptima y beneficios de salud importantes.
- Disminuir el absentismo de las empleadas y las licencias por enfermedad.
- Reducir los costos de la atención médica.
- Hacer que las familias ahorren dinero en la fórmulas, medicamentos y visitas médicas.
- Aumentar la retención, lealtad y productividad de las empleadas.

Diríjase a su supervisor o gerente para obtener más información acerca de cómo su empleador apoya a las madres lactantes en el trabajo.

¡Conozca el kit de herramientas hoy!  
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