

**Breast milk offers health benefits** for mom and baby that last a lifetime.

**Breastfeeding Lowers Baby's Risk of:**

- Diarrhea
- Ear infections
- Type 2 diabetes
- Asthma
- Obesity
- Childhood cancers
- Sudden infant death syndrome (SIDS)

**Breastfeeding Helps Moms Lower Their Risk of:**

- High blood pressure
- Heart disease
- Type 2 diabetes
- Breast cancer
- Ovarian cancer

Unfortunately, when some moms go back to work, families lose out on the benefits of breastfeeding. Moms need support when they go back to work. While away from baby, feedings must be replaced with regular pumping. This helps to keep mom's milk supply up and keep mom and baby healthy.

Like a **business**, breastfeeding is about **supply and demand**.



# Become a Texas Mother-Friendly Worksite



Find out more at  
[dshs.texas.gov/TexasMotherFriendly](https://dshs.texas.gov/TexasMotherFriendly)

Contact TMFW by e-mail at  
[TexasMotherFriendlyWorksite@dshs.texas.gov](mailto:TexasMotherFriendlyWorksite@dshs.texas.gov)



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services



## The Best Places to Work are **Texas** **Mother-Friendly** **Worksites**



Support breastfeeding, create  
healthy communities, improve  
your business.

**Boost employee morale** and improve retention! Create a policy that shows support for family health and well-being that includes:



**Flexible work schedules** that allow time for the expression of breast milk.

PRIVATE



**Access to private space(s)**, other than a bathroom.



**Access to a nearby clean and safe** water source for washing hands and rinsing any breast pump equipment.



**Access to hygienic storage options** to safely store breast milk.



## Worksite lactation support. It's not only good to do, it's the law!

There are state and federal laws that **protect breastfeeding** at work. All Texas public employers must have breastfeeding support policies. Milk expression breaks are important and are protected like bathroom breaks or breaks to check blood sugar.

The **Texas Mother-Friendly Worksite Program (TMFW)** recognizes employers who do more than the law requires to support breastfeeding in the workplace. Benefits include:

- ★ Support from TMFW Program staff to help create your policy
- ★ Resources to help build and promote your worksite lactation program

Creating a policy that meets the law and protects breastfeeding is easy. The TMFW Program team is here to help!

**CONTACT US TODAY!**  
TexasMotherFriendlyWorksite@  
dshs.texas.gov

## Texas Mother-Friendly Worksite designation is good for business.

The benefits aren't just for babies and moms. Businesses that support lactating employees report:

- Improved employee morale
- Increased retention
- Lower absenteeism
- Reduced health care costs
- Improved productivity

*Build support where you work today!*



Develop policies that meet both the **employee and business** need. Share the policy and help mothers develop a plan during pregnancy.