

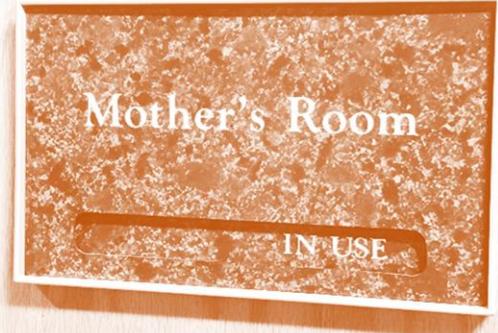


# FREEBORN COUNTY

## MINNESOTA

Supporting breastfeeding mothers in the workplace is an important way for businesses to embrace wellness, decrease health care costs, lower absenteeism, increase employee productivity and morale, and to be seen as a family-friendly business for potential and current employees.

A breastfeeding mother who returns to work needs an appropriate environment to continue to express milk during work hours. Workplaces are required by law to provide time and a private place that is not a bathroom for women to express their milk. Workplaces that are “Breastfeeding Friendly” go beyond the basic requirements to foster employee health, satisfaction, and loyalty.



In recognition of the well-documented health advantages of breastfeeding for infants and mothers, Freeborn County provides a supportive environment to enable breastfeeding employees to express their milk during work hours for at least one year after the child’s birth.



Freeborn County employees work from 3 buildings; the Government Center, the Department of Human Services, and the Highway Department. Each of these buildings has a dedicated room for breastfeeding women to express milk during work hours. Each room is private, close to a sink and refrigerator, has a comfortable chair and table, an electrical outlet, has breastfeeding informational resources and is within a 5 minute walk from any workstation. Each building also has access to a hospital grade, multi user breast pump for use by employees. Each woman may be given a kit that includes personal tubing for the pump. The pumps are housed in Public Health and maintained by Public Health staff when not in use at each site.

Freeborn County was recognized as a “Breastfeeding Friendly” worksite by The Minnesota Department of Health in August of 2018. Freeborn County Breastfeeding Coalition, Public Health, SHIP and county employees worked together to develop a plan, secure funds and carry out implementation. It was especially gratifying to have the “guys” at the Highway Department come up with the idea of transforming a hallway alcove into a small lactation room for their facility.



*Healthy Babies ~ Healthy Families ~ Healthy Communities!*



**For information and resources to help your facility become “Breastfeeding Friendly” visit the Minnesota Department of Health Breastfeeding Friendly site.**

<http://www.health.state.mn.us/divs/oshii/bf/recognition.html>

