

Dear Employer,

Date: _____

I'm like many moms.... When I return to work, I plan to continue to feed my baby breastmilk and need time and space to pump.

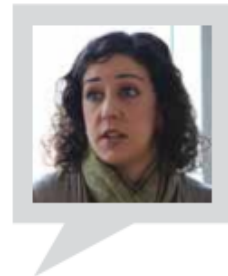


“ I am planning to breastfeed my baby because it so healthy for both the baby and for me. After I come back to work, I plan to continue giving my milk to my baby by expressing my milk every 2 or 3 hours while I am at work. Lots of working women do this every day.

“ It is important for me to be a good employee and a good mom. Your support will make it easier for me to do both.

My doctor recommends that I breastfeed my baby.

I've been thinking about this, and have some ideas of places where I could express milk.



“ I have learned that businesses actually save money when their employees breastfeed because their babies are so much healthier, so this makes breastfeeding good for the company, too!

I look forward to your support to provide my child the best nutrition possible. As you may know, Minnesota laws provide protection for working moms who need time and space to pump.

Thank you!

Signed,



Supporting breastfeeding families in
Meeker, McLeod & Sibley Counties