

JACKSON COUNTY BREASTFEEDING FRIENDLY BUSINESS AWARD PROGRAM

Businesses who have established policies that support breastfeeding families by providing supportive services for working breastfeeding mothers can receive the Jackson County Breastfeeding Friendly Business Awards.

Businesses that participate will be awarded a certificate based on their level of breastfeeding friendliness.

Worksites can be nominated by a member of the public, or employees of a given business.

For additional information, applications, & guidelines call 618-684-3143 ext. 165

HOW YOUR BUSINESS CAN SUPPORT BREASTFEEDING

- 1) Create a supportive environment** that helps breastfeeding employees feel confident.
- 2) Allow flexible breaks & work schedules** for nursing employees.
- 3) Provide a lactation room** for employees & customers.
- 4) Help prepare women** for balancing breastfeeding with their job responsibilities by offering educational resources.
- 5) Write a Breastfeeding Policy** for your unique businesses.



ADDITIONAL RESOURCES

WOMEN'S HEALTH



CENTERS FOR DISEASE CONTROL



US BREASTFEEDING



Jackson County Health Department
415 Health Department Road
Murphysboro, IL 62966
618-684-3143 Ext. 148

JCHD ONLINE



“SUPPORT OUR FUTURE ONE MOM AT A TIME”

**Learn how your
business can benefit from
supporting breastfeeding
employees & customers**



Public Health
Prevent. Promote. Protect.
Jackson County Health Department



WHAT BREASTFEEDING FRIENDLY MEANS:

- **You value** breastfeeding
- **Let your customers know** that you support breastfeeding
- **Provides a welcoming environment** for mothers to breastfeed in public
- **Provides a comfortable & private space** for mothers to breastfeed
- **Displays a sign** that tells people that breastfeeding is welcomed
- **Establishes a verbal or written** breastfeeding policy or guidelines
- **Inform your staff & volunteers** that your business or organization is breastfeeding friendly



MOTHERS

Are the **fastest-growing** group in the U.S. labor force

ILLINOIS BREASTFEEDING LAWS

Nursing Mothers in the Workplace

Act (7-12-18) An Illinois employer shall provide reasonable break time to an employee who needs to express breast milk for her nursing infant child each time the employee has the need to express milk for one year after the child's birth. An employer may not reduce an employee's compensation for time used for the purpose of expressing milk or nursing a baby. An employer shall provide reasonable break time as needed by the employee unless to do so would create an undue hardship as defined by item (J) of Section 2 - 102 of the Illinois Human Rights Act.

Lactation Accommodation for

Students (1/2018) Illinois public schools are required to provide accommodations for a lactating student to breastfeed her baby.

Exempt Nursing Mothers from Jury

Service (2006) The Jury Act was amended to include: "any mother nursing her child shall, upon request, be excused from jury service."

"The Right to Breastfeed" Act

(2004) A mother may breastfeed in any location, public or private, where the other is otherwise authorized to be.

Breastfeeding is Not Indecency

(1995) Breastfeeding of infants is not an act of public indecency.

For more information visit:

www.illinoisbreastfeeding.org



FEDERAL BREASTFEEDING LAWS

Patient Protection & Affordable Care Act

All employers in the U.S. are required by federal law to provide nonexempt (hourly) employees the following:

- Reasonable, unpaid break time to express milk for infants up to 1 year after birth.
- A private place, other than a bathroom where employees can express milk.



BREASTFEEDING IS GOOD FOR MOMS, BABIES AND BUSINESSES!

How Breastfeeding Can Benefit Your Business or Organization

- Lowers medical care costs and health insurance claims
- Reduce absenteeism due to sick child as breastfeeding helps infants fight infections
- Lowers turnover and reduces training costs
- Improves productivity, satisfaction, loyalty, & morale
- Creates a positive image for your business / organization
- Helps with employee recruitment & retention
- Tax credit to businesses that adopt workplace friendly breastfeeding to support measures