
Breastfeeding

A new HEALTH PLAN
for YOUR BABY and YOU!

Benefits to your baby:

- Reduces the risk of SIDS
- Strengthens immune system
- Decreases number of ear infections
- Digests easier
- Reduces risk of diabetes & obesity

Benefits to you:

- Burns 500 calories/day
 - Saves money
 - Prevents heart disease
 - Decreases cancer risk
 - Strengthens bones
 - Reduces stress and delays menstrual cycle
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Tips for Breastfeeding and Working

- As part of the Affordable Care Act, worksites are required to provide flexible break times for nursing mothers to express milk at work in a private space that is not a bathroom.
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During Pregnancy:

- Tell your supervisor you plan to breastfeed

Maternity Leave:

- Breastfeed exclusively to increase milk supply

Returning to Work:

- Ask for support at work !
It is **YOUR RIGHT!**
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Sedgwick County Business Case for Breastfeeding

- Worksites within Sedgwick County with a lactation support policy are eligible to receive FREE lactation equipment! For more information, call 316-721-9005.
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KANSAS ACADEMY OF
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CARING FOR KANSANS

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