

May 2012

Dear Employer:

We know that you are concerned about the well-being of your employees. We encourage you to learn more about a 2010 amendment to the Fair Labor Standards Act (FLSA) that supports breastfeeding women.

The amendment requires employers to provide reasonable break time and a private, non-bathroom place for nursing mothers to express breast milk during the workday, for one year after the child's birth.

In order to help businesses meet these requirements, the Nebraska Department of Health and Human Services, in conjunction with the Nebraska Department of Labor, is offering information and assistance to help develop worksite policies and support for breastfeeding employees. This mailing includes the following:

- Employee Rights – Breastfeeding Support is the Law
- Quick Assessment & Guidance for Businesses
- Breastfeeding-Friendly Worksites, Examples & Program Suggestions
- Resource Request

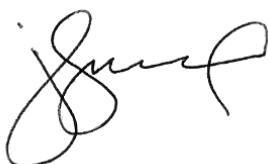
The flyer on Employee Rights provides a link to a free toolkit entitled *The Business Case for Breastfeeding*, which provides documentation of the significant cost savings accruing to businesses that encourage breastfeeding.

Studies show that women who breastfeed are more productive on the job and worry less about their babies. Their children are healthier and as a result, breastfeeding employees take less time off work to care for sick infants.

For a small investment a supportive breastfeeding environment can be achieved to help women make the transition back to work when their babies are born.

Thank you for making the lives of babies, mothers, and ultimately families healthier. If you have questions or would like more information, please feel free to contact Kathy Ward at kathy.ward@nebraska.gov or Holly Dingman at holly.dingman@nebraska.gov.

Sincerely,



Dr. Joann Schaefer
Chief Medical Officer
Public Health Division Director
Nebraska Department of Health and Human Services



Catherine D. Lang
Commissioner of Labor