

A Letter From Your Employee's Physician

Dear Employer:

I am writing on behalf of _____ and _____.
Mother's Name Baby's Name

This mother will soon be returning to work at your facility. I have strongly advised her to continue providing breast milk to her baby after she returns to work.

Breastfeeding is a natural part of the birthing cycle, and significantly lowers the mother's risk for breast cancer, ovarian cancer and osteoporosis the longer she is able to breastfeed. Breastfed babies continue to receive antibodies to protect them against infection and disease for as long as they breastfeed. This is especially important for babies in childcare centers. Babies receive most of their nutrition from their mother's milk, even after they begin eating solid foods.

Breastfeeding provides protection against chronic childhood illnesses, Sudden Infant Death Syndrome (SIDS), respiratory problems and certain childhood cancers.

The American Academy of Pediatrics recommends breastfeeding for at least one year or longer to protect babies against diabetes, obesity, and osteoporosis. Breastfeeding also enhances brain development and may increase I.Q.

As an employer who supports your employee's decision to provide her baby with the optimal infant nutrition, you will ensure a more loyal and productive employee, happy in knowing she can contribute to her child's health even when apart. She will have less absenteeism from her job because of infant illnesses--her baby will have fewer earaches, gastrointestinal and other infant health problems. To become designated as a Mother Friendly Worksite by the Texas Department of Health, see the attached brochure.

All major health organizations, including the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the U.S. Surgeon General, and the American Academy of Family Physicians support breastfeeding and encourage employers to do the same.

Sincerely,

Physician

Date

This concept is supported by:



<http://www.dshs.state.tx.us/wichd/bf/bf1.shtm>