

SAMPLE

Letter from Employee's Physician to Employer

[Adapted with permission from the Texas Mother-Friendly Worksite Program]

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 breastmilk to her baby after she returns to work.

The American Academy of Pediatrics recommends that mothers give their babies nothing but breastmilk for the first 6 months of life, and continue giving breast milk for at least 1 year or longer. The evidence overwhelmingly shows that the powerful boost to an infant's immune system through breastfeeding helps lower the baby's risk of many common childhood infections and diseases. This is especially important for working mothers whose infants are in childcare centers, where babies are at greater risk for illness. Research also shows that the longer a woman is able to breastfeed, the more she reduces *her* risk of diseases such as breast cancer and osteoporosis.

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 the knowledge that she can contribute to her child's health even when she is at work. She will have less absenteeism from her job because both she and her baby will be healthier. Research shows that providing support also benefits companies with lower health care costs.

There are several key ways you can provide support to her:

- Let her know you are proud of her for making the decision to breastfeed
- Give her a safe, clean area where she can express milk in privacy
- Encourage supervisors to work with her so she can use her usual breaks and lunch period to express milk

If you have any questions, please contact our office. We can put you in touch with local resources who can share more information on supporting breastfeeding employees.

Sincerely,

Physician

Date