

# STATE OF COLORADO

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Dedicated to protecting and improving the health and environment of the people of Colorado

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Colorado Department  
of Public Health  
and Environment

Dear Friend of Healthy Babies:

We need your support! Just as you rely on students to come to school each day ready to participate in classes, a breastfeeding baby relies on his or her mother for a continual supply of fresh human milk.

Breastfeeding support at school can positively impact the lives of a mother and her baby. A mother who can offer her milk to her baby benefits from lower health care costs and improved attendance (with a healthier baby) than that of a formula fed baby. A mother also acquires a sense of pride and accomplishment for giving her baby optimum nutrition for brain and normal physical development.

\_\_\_\_\_ desires to continue breastfeeding her baby once she returns to school. To maintain a mother's supply of breast milk she must be able to express her milk regularly. The Colorado Department of Public Health WIC Program would like to provide her with an electric breast pump. Are you willing to support her efforts to pump her milk? If so, please provide the following:

- An environment that is supportive of breastfeeding.
- Adequate breaks so that this mother can pump her milk (~ 15-20 minutes/pumping session/every 2-3 hours depending on age of the baby).
- A private area that is clean, comfortable, and has an electric outlet for this mother to use her pump.

*Thank you for supporting a breastfeeding family!*

If you have any questions or would like more information on breastfeeding in school, please contact your local WIC Breastfeeding Coordinator at \_\_\_\_\_ or visit the website of the Colorado Breastfeeding Coalition at [www.cobfc.org](http://www.cobfc.org).