

# STATE OF COLORADO

Bill Ritter, Jr., Governor  
James B. Martin, Executive Director

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

4300 Cherry Creek Dr. S.  
Denver, Colorado 80246-1530  
Phone (303) 692-2000  
TDD Line (303) 691-7700  
Located in Glendale, Colorado

Laboratory Services Division  
8100 Lowry Blvd.  
Denver, Colorado 80230-6928  
(303) 692-3090

<http://www.cdphe.state.co.us>



Colorado Department  
of Public Health  
and Environment

Dear Friend of Healthy Babies:

We need your support! Just as you rely on female employees to come to work each day and fulfill their duties, a breastfeeding baby relies on his or her mother for a continual supply of fresh human milk. Colorado recognizes the important benefits of breastfeeding and passed legislation entitled *Workplace Accommodations for Nursing Mothers Act*.

Breastfeeding support at work can positively impact the bottom line. The payoff is significant with more satisfied, loyal employees and cost savings to your business. It can lower health care and insurance costs, reduce sick time taken by mothers and fathers for children's illnesses, enhance employee productivity and job satisfaction, and help you to retain experienced employees. Providing a supportive environment for breastfeeding employees also improves your company's image and enhances your ability to recruit staff.

\_\_\_\_\_ desires to breastfeed her baby once she returns to work. To maintain a mother's supply of milk she must be able to express her milk regularly. The Colorado law requires employers to make a reasonable effort to provide the mother with a private room in close proximity to her work location (other than a toilet stall). The law also requires an employer provide reasonable unpaid break time or permit an employee to use paid break time, meal time, or both, each day to allow the employee to express breast milk for her nursing child.

The Colorado Department of Public Health WIC Program would like to provide her with an electric breast pump.

Are you able to support her efforts to pump her milk? Here are the minimal things she requires:

- Support from supervisors and colleagues
- Adequate breaks (paid or unpaid) to express (pump) 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 in close proximity to her work area. This area can be as small as 4'x5'.

*Thank you for supporting a breastfeeding family!*

If you have any questions or would like more information on breastfeeding in the workplace, 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).