

## Breastfeeding Policy in the Workplace Template

Welcome to our organization! We are committed to supporting our employees in all aspects of their lives, including their journey through parenthood. As part of our dedication to creating a supportive and inclusive work environment, we have developed a breastfeeding policy to ensure that new mothers have the resources they need to continue breastfeeding upon returning to work.

### Key Points of the Breastfeeding Policy:

1. **Flexible Breaks:** New mothers will be provided with flexible break times to accommodate their breastfeeding schedule. These breaks will be in addition to regular break times and will not be deducted from their overall break time.
2. **Private Space:** A designated private space will be provided for breastfeeding or expressing milk. This space will be clean, comfortable, and equipped with a chair, table, and electrical outlet for breast pumps.
3. **Storage:** A refrigerator will be available for storing expressed breast milk. Employees should label their milk with their name and date before storing it in the refrigerator.
4. **Support:** Our HR team is available to provide support and resources to new mothers navigating the transition back to work while breastfeeding. We encourage open communication and are here to help in any way we can.

We believe that supporting new mothers in their breastfeeding journey is not only the right thing to do but also contributes to a positive work environment and employee well-being. If you have any questions or need further information about our breastfeeding policy, please don't hesitate to reach out to HR.

### Sources:

- U.S. Department of Labor: <https://www.dol.gov/agencies/whd/nursing-mothers>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/breastfeeding/index.htm>