

FOR IMMEDIATE RELEASE

Contact:

Beth Draeger, RDN, CD, CBE
Public Health Nutrition Supervisor
715-839-4718
Elizabeth.draeger@co.eau-claire.wi.us

“BREASTFEEDING AND WORK, LET’S MAKE IT WORK”

World Breastfeeding Week August 1st-7th

Eau Claire, WI-August 4, 2015—Having a new baby can be an exciting time but can also add some additional stressors to the lives of new mothers, fathers and their whole family. One new stressor that should not be added is the concern that some mothers have associated with breastfeeding once returning to work. The [Eau Claire City-County Health Department](#) promotes [World Breastfeeding Week](#) this week and the theme “Breastfeeding and Work: Let’s Make it Work!”

The World Health Organization recommends that women breastfeed exclusively for 6 months and continue supplemental breastfeeding until the child is 2. According to the 2014 CDC Breastfeeding Report Card, eighty-five percent of Wisconsin mothers initiated breastfeeding, compared with seventy-nine percent nationwide. However both nationwide and in Wisconsin, these rates decrease as babies get older and mothers often go back to work.

The three main factors that women need in order to be successful at breastfeeding their child while working are: time, support and space/proximity. Federal law provides working moms with:

- Time for reasonable breaks to pump milk
- A private place (other than a restroom) to do so
- Employers with 50 or more employees are required to follow this law for their hourly paid employees.

There are many benefits to the child breastfeeding including prevention of obesity, respiratory infections and diarrheal disease. It also reduces a mother’s risk of developing breast and ovarian cancer.

Breastfeeding coalitions, like the [Northwestern Wisconsin Breastfeeding Network](#), work to link moms to support systems for their breastfeeding journey. Hospitals and [Women, Infants and Children Programs \(WIC\)](#), like the WIC clinic located right here in Eau Claire, have trained specialists to help new moms have a successful breastfeeding experience.

“We strongly support breastfeeding because of the health benefits that it provides to both mom and baby,” says Beth Draeger, Public Health Nutrition Supervisor at the Eau Claire City-County Health Department. “We provide our clients with additional tips on how to make breastfeeding work in their busy lifestyles.”

To learn more about the services offered through the Eau Claire City-County Health Department call 715-839-4718 or visit www.ehealthdepartment.org . For more information on World Breastfeeding Week visit worldbreastfeedingweek.org .

###

