End Notes


References

American Academy of Family Physicians; AAP Policy on Breastfeeding. www.aafp.org

Acknowledgments

We gratefully acknowledge first S & L for funding this project.
We thank the following individuals and agencies for their contributions to the development of this project:

Denise Adams, MPH, CHES
Health Educator,
L.A. County Department of Public Health

La Salle leage International (IU) - www.iui.org
National Association of Neonatal Nurses (NANN) - www.nann.org
National Association of Nurse Practitioners in Women's Health (NAPWH) - www.napwh.org
National Association of Pediatric Nurse Practitioners (NAPNAP) - www.napnap.org
National Institutes of Health (NIH) - www.nih.gov
National Medical Association (NMA) - www.nmanet.org
Office on Women's Health, The (OWH) - www.owh.gov

We are grateful for the contributions of the following individuals and agencies to the development of this project:

Jennifer Adams-Nelson, MA, RNC, IBCLC, LCCE
Breastfeeding Consultant, L.A. County Department of Public Health

Diane W. Averill, PhD
Director of Programs, LA Best Babies Network

Karen Peters, MBA, RD, IBCLC, LCCE
Executive Director, Breastfeeding Task Force of Greater Los Angeles

Elena Steenberg, RN, BSN, RNC
Director, WIC Breastfeeding Services, Northeast Valley Health Corporation—WIC Program

Suzanne Peters, RN, RD, BC, LCCE
Executive Director, Breastfeeding Task Force of Greater Los Angeles


Supporting Breastfeeding in the Workplace

Breastfeeding is a natural practice that provides numerous benefits to both the mother and her baby. Health experts worldwide recognize that breastfeeding is the best way to feed an infant. Benefits for Employers and Employees

**For Employers and Employees**

- **For Employers:**
  - Increased job productivity
  - Improved corporate image
  - Decreased absenteeism
- **For Employees:**
  - Healthier baby
  - Easier transition back to work
  - Better health
  - Decreased absenteeism
  - Improved corporate image
  - Increased child spacing (time between births)
  - Greater employee loyalty and retention
  - Improved employee satisfaction and morale
  - Lower healthcare costs
  - Improved employee satisfaction and morale
  - Greater work satisfaction
  - Less conflict between career and motherhood
  - A healthier baby
  - Enhanced long-term health
  - Improved job productivity
  - Improved morale
  - Improved productivity

**For the Baby**

- Protection from acute and chronic diseases
- Increased risk of infant death (IDS)
- Improved nutrition attachment

**For the Community**

- Reduced healthcare costs
- Environmental friendliness

**For Employers and Employees**

- Improved employee satisfaction and morale
- Greater work satisfaction
- Less conflict between career and motherhood
- A healthier baby
- Enhanced long-term health

**For the Baby**

- Protection from acute and chronic diseases
- Increased risk of infant death (IDS)
- Improved nutrition attachment

**For the Community**

- Reduced healthcare costs
- Environmental friendliness

A 2010 study published in Pediatrics found that the U.S. would save $13 billion per year and prevent over 900 infant deaths if 90% of mothers were to breastfeed exclusively for 6 months. The study showed that breastfeeding can save $478 in healthcare costs per child born in the United States. Breastfeeding lasts a lifetime.

**Benefits of Providing a Breastfeeding-Friendly Work Environment**

- Lower healthcare costs
- Improved employee satisfaction and morale
- Greater work satisfaction
- Increased child spacing (time between births)
- Greater employee loyalty and retention
- Improved employee satisfaction and morale
- Improved productivity

**For the Working Mother Who Breastfeeds**

- Better health
- Easier transition back to work
- Increased self-confidence and self-respect
- Cost savings

**Women**

- Women who breastfeed their babies for longer accrue significant health benefits. Breastfeeding is linked to a reduction in risk for many diseases, such as breast and ovarian cancer, osteoporosis and Type 2 diabetes. Breastfeeding also has a calming effect on the mother and helps her better manage stress. It also has a contraceptive effect, which can lengthen the time between pregnancies and help make the next child healthier. Financially, breastfeeding means families will save on formula costs, healthcare expenditures, and alternative care when a baby is sick.

**For the Baby**

- Protection from acute and chronic diseases
- Increased risk of infant death (IDS)
- Improved nutrition attachment

**For the Community**

- Reduced healthcare costs
- Environmental friendliness

**Health experts worldwide recognize that breastfeeding is the best way to feed an infant.** (See “Useful Web Sites” for a list of recommended resources.)

**For Employers and Employees**

- Increased job productivity
- Improved corporate image
- Decreased absenteeism

**For the Baby**

- Protection from acute and chronic diseases
- Increased risk of infant death (IDS)
- Improved nutrition attachment

**For the Community**

- Reduced healthcare costs
- Environmental friendliness

**A 2010 study published in Pediatrics found that the U.S. would save $13 billion per year and prevent over 900 infant deaths if 90% of mothers were to breastfeed exclusively for 6 months.** The study showed that breastfeeding can save $478 in healthcare costs per child born in the United States. Breastfeeding lasts a lifetime.

**Breastfeeding-Friendly Workplace Policy Template**

**Purpose**

To establish guidelines for protecting a breastfeeding-friendly work environment at [Agency].

**Policy**

[Agency] recognizes that breast milk is the optimal food for the growth and development of infants, and encourages employees and management to have a positive, accepting attitude toward women who are breastfeeding. [Agency] promotes and supports breastfeeding and the expression of breast milk by employees who are breastfeeding after returning to work. [Agency] shall not discriminate against an employee who is breastfeeding or who provides care for an infant.

**Discrimination and harassment of breastfeeding mothers in any form is unacceptable and will not be tolerated by [Agency].**

**It shall be the policy of [Agency] to provide:**

- **Pumping:**
  - [Agency]’s Breastfeeding-Friendly Workplace policy shall be disseminated to every incoming and current employee.
  - Information about breastfeeding support after returning to work shall be provided to employees prior to their maternity leave.
  - **Time to Express Milk or Breastfeed (Lactation Time):**
    - Lactation time beyond the regular break is unpaid and will be negotiated between the employee and [Agency].
    - **Space and Equipment for Expressing Milk or Breastfeeding:**
      - Employees shall be provided the use of a clean, comfortable space or “Lactation Area” as a lactation area.
      - Lactation time beyond the regular break is unpaid and will be negotiated between the employee and [Agency].
      - **Information about Breastfeeding Support after Returning to Work shall be provided to employees prior to their maternity leave:**
        - **Time to Express Milk or Breastfeed (Lactation Time):**
          - Lactation time beyond the regular break is unpaid and will be negotiated between the employee and [Agency].
          - **Space and Equipment for Expressing Milk or Breastfeeding:**
            - Employees shall be provided the use of a clean, comfortable space or “Lactation Area.”
            - A lactation area shall not serve as the lactation area for any use of the office space as a lactation area, var.
            - **Healthcare benefits with a lactation services coverage rider.**
            - **Discounted breast pump purchasing/rental program for employees.**
            - **Professional lactation personnel.**
            - **Available to employees at no additional charge.**
            - **Available to employees at no additional charge.**

**Recommendations**

**Additional recommendations for providing breastfeeding promotion and support include:**

- **Highly recommended:**
  - The breastfeeding employee may be offered a flexible schedule to accommodate pumping or breastfeeding.
  - The breastfeeding employee may be offered flexible assignments to accommodate pumping or breastfeeding.
  - The employer may provide appropriate labeling for the “Lactation Area” (images of bottles or pacifiers are not suitable symbols).
  - The employer may provide a refrigerator labeled exclusively for breast milk storage.
  - Appropriate signage and/or other security measures may be used to identify the occupied status of the “Lactation Area.”
  - [Agency]’s visitors, clients and customers who breastfeed will be welcomed and appropriately accommodated.

**Also suggested:**

- The employer may provide the option of part-time work, telecommuting/working from home, or job sharing to the breastfeeding employee.
  - The employer may extend maternity leave beyond the period stipulated by the Family Medical Leave Act (FMLA) and California family rights Act (CFRA).
  - The employer may provide on-site or nearby day care.
  - The employer may provide referrals to breastfeeding resources and services in the community.
  - The employer may incorporate breastfeeding information into the employee wellness program.
  - The employer may provide on-site or agency-wide lactation services that include some or all of the following:
    - Professional lactation personnel.
    - Purchase of electric pumps for the “Lactation Area.”
    - Discounted breast pump purchasing/rental program for employees.
    - A breastfeeding support group for working mothers.
    - Healthcare benefits with a lactation services coverage rider.

**Harassment.**

Such conduct unreasonably interferes with an employee’s work performance and is prohibited under this policy to harass a breastfeeding employee. Breastfeeding shall not be the cause of discrimination in the workplace nor in access to employment. It is prohibited under this policy to discriminate against a breastfeeding employee. Such conduct unreasonably interferes with an employee’s work performance and is prohibited under this policy to discriminate against a breastfeeding employee. Breastfeeding shall not be the cause of discrimination in the workplace nor in access to employment. It is prohibited under this policy to discriminate against a breastfeeding employee.

**Atmosphere of Tolerance**

- Employees shall be provided the use of a clean, comfortable space or “Lactation Area” as a lactation area.
- Lactation time beyond the regular break is unpaid and will be negotiated between the employee and [Agency].
- **Information about Breastfeeding Support after Returning to Work shall be provided to employees prior to their maternity leave:**
  - **Time to Express Milk or Breastfeed (Lactation Time):**
    - Lactation time beyond the regular break is unpaid and will be negotiated between the employee and [Agency].
    - **Space and Equipment for Expressing Milk or Breastfeeding:**
      - Employees shall be provided the use of a clean, comfortable space or “Lactation Area.”
      - A lactation area shall not serve as the lactation area for any use of the office space as a lactation area, var.
      - **Healthcare benefits with a lactation services coverage rider.**
      - **Discounted breast pump purchasing/rental program for employees.**
      - **Professional lactation personnel.**
      - **Available to employees at no additional charge.**
      - **Available to employees at no additional charge.**

**Recommendations**

**Additional recommendations for providing breastfeeding promotion and support include:**

- **Highly recommended:**
  - The breastfeeding employee may be offered a flexible schedule to accommodate pumping or breastfeeding.
  - The breastfeeding employee may be offered flexible assignments to accommodate pumping or breastfeeding.
  - The employer may provide appropriate labeling for the “Lactation Area” (images of bottles or pacifiers are not suitable symbols).
  - The employer may provide a refrigerator labeled exclusively for breast milk storage.
  - Appropriate signage and/or other security measures may be used to identify the occupied status of the “Lactation Area.”
  - [Agency]’s visitors, clients and customers who breastfeed will be welcomed and appropriately accommodated.

**Also suggested:**

- The employer may provide the option of part-time work, telecommuting/working from home, or job sharing to the breastfeeding employee.
  - The employer may extend maternity leave beyond the period stipulated by the Family Medical Leave Act (FMLA) and California family rights Act (CFRA).
  - The employer may provide on-site or nearby day care.
  - The employer may provide referrals to breastfeeding resources and services in the community.
  - The employer may incorporate breastfeeding information into the employee wellness program.
  - The employer may provide on-site or agency-wide lactation services that include some or all of the following:
    - Professional lactation personnel.
    - Purchase of electric pumps for the “Lactation Area.”
    - Discounted breast pump purchasing/rental program for employees.
    - A breastfeeding support group for working mothers.
    - Healthcare benefits with a lactation services coverage rider.
Supporting Breastfeeding in the Workplace

Hospitals is a well-known fact that the breastfeeding of infants for at least 6 months, and continue for at least one year, can be as much as doubled by mothers and babies.

Women who want to breastfeeding after returning to work have only a few simple needs. Employers who create a breastfeeding-support program in the workplace that helps mothers breastfeed babies longer will find that they have a sound business decision. They will also help to better their baby’s health.

Benefits of Providing a Breastfeeding-friendly Work Environment

For Employers and Employees

- Improved job productivity
- Improved employee morale
- Lower healthcare costs
- Increased employee satisfaction and morale
- Growth of a healthy work environment
- Additional recruitment incentive

For every $1 spent to support breastfeeding in the workplace, companies save $2. *Because breastfeeding babies are healthier, breastfeeding mothers will take fewer days off to care for a sick child. The company will spend fewer healthcare dollars on both the mother and helps her better manage stress. It also has a contraceptive effect, which can lengthen the time between pregnancies and help make the next child healthier. Financially, breastfeeding means families save on formula costs, healthcare expenses, and alternative care when a baby is sick.

For the Baby

- Prevented against chronic diseases
- Increased risk of sudden infant death syndrome (SIDS)
- Improved neuromotor development
- Increased breastfeeding time beyond the regular break is unpaid and will be negotiated between the employee and [Agency].

For the Community

- Fewer doctor visits and hospitalizations
- A healthier baby
- Decreased risk of SIDS
- Decreased risk of allergies and asthma
- A healthier immune system
- Improved corporate image
- Increased job productivity
- Increased self-confidence and self-reliance
- Improved productivity
- More disease prevention
- Decreased absenteeism
- Greater employee loyalty and retention
- More workplace gender equity
- A healthier workplace
- Fewer healthcare dollars
- Improved health
- Stronger mother-baby attachment
- Decreased risk of developing chronic diseases and conditions, such as breast and ovarian cancers, osteoporosis and Type 2 diabetes.

Breastfeeding-Friendly Workplace Policy Template

This template can be customized by employers to individual workplaces. It can be downloaded as a Word document at www.LABestBabies.org/templates/bfwp.doc

Objective

To establish guidelines for promoting breastfeeding-friendly work environment at [Agency].

Policy

[Agency] recognizes that breast milk is the optimal food for the growth and development of infants, and encourages employees and management to have a positive, accepting attitude toward women who are breastfeeding. [Agency] promotes and supports breastfeeding and the expression of breast milk by employees. [Agency] provides breastfeeding time and will accommodate employees who are breastfeeding when they return to work.

Discrimination and harassment of breastfeeding mothers in any form is unacceptable and will not be tolerated by [Agency].

It shall be the policy of [Agency] to:

- Provide:
- [Agency]'s Breastfeeding/Friendly Workplace policy shall be disseminated to every incoming and current employees.
- Provide:
- [Agency] shall not be the cause of discrimination in the workplace nor in access to employment. It is prohibited under this policy to harass a breastfeeding employee.
- [Agency] recognizes that breast milk is the optimal food for the growth and development of infants, and encourages employees and management to have a positive, accepting attitude toward women who are breastfeeding. [Agency]
- [Agency] shall not be the cause of discrimination in the workplace nor in access to employment. It is prohibited under this policy to harass a breastfeeding employee.
- [Agency] shall provide on-site or nearby day care.
- [Agency] shall provide on-site or nearby day care.
- [Agency] shall provide appropriate labeling for the “Lactation Area.”

Additional recommendations for providing breastfeeding promotion and support include:

- Provide:
- [Agency] visitors, clients and customers who breastfeed will be welcomed and appropriately accommodated.
- [Agency]'s visitors, clients and customers who breastfeed will be welcomed and appropriately accommodated.

Also suggested:

- [Agency] may incorporate breastfeeding information into the employee wellness program.
- Contact the lactation area.

- [Agency] may provide on-site or agency-wide lactation services that include some or all of the following:
- Professional lactation personnel.
- Purchase of electrical pump(s) for the “Lactation Area.”
- Purchase of electrical pump(s) for the “Lactation Area.”
- Additional breast pump purchasing/rental program for employees.
- [Agency] may provide on-site or nearby day care.
- [Agency] may provide on-site or nearby day care.
- [Agency] may provide on-site or nearby day care.
- [Agency] may provide on-site or agency-wide lactation services that include some or all of the following:
- Professional lactation personnel.
- Purchase of electrical pump(s) for the “Lactation Area.”
- [Agency] may provide on-site or nearby day care.
- [Agency] may incorporate breastfeeding information into the employee wellness program.
- [Agency] may provide on-site or agency-wide lactation services that include some or all of the following:
- Professional lactation personnel.
- Purchase of electrical pump(s) for the “Lactation Area.”
- [Agency] may provide on-site or nearby day care.
- [Agency] may provide on-site or agency-wide lactation services that include some or all of the following:
- Professional lactation personnel.
- Purchase of electrical pump(s) for the “Lactation Area.”
- [Agency] may provide on-site or nearby day care.
- [Agency] may provide on-site or agency-wide lactation services that include some or all of the following:
- Professional lactation personnel.
- Purchase of electrical pump(s) for the “Lactation Area.”
- [Agency] may provide on-site or nearby day care.
- [Agency] may provide on-site or agency-wide lactation services that include some or all of the following:
- Professional lactation personnel.
- Purchase of electrical pump(s) for the “Lactation Area.”
- [Agency] may provide on-site or nearby day care.
- [Agency] may provide on-site or agency-wide lactation services that include some or all of the following:
- Professional lactation personnel.
Supporting Breastfeeding in the Workplace

Benefits of Providing a Breastfeeding-Friendly Work Environment

For Employers and Employees

- Increased job productivity
- Improved employee morale and retention
- Greater employee loyalty and retention
- Improved employee satisfaction and morale
- Additional recruitment incentive

For every $1 spent to support breastfeeding in the workplace, companies save $3.12. Because breastfed babies are healthier, employers who create a breastfeeding-support program in the workplace that helps mothers breastfeed babies longer will find that they have made a positive contribution to their bottom line.

Benefits of Breastfeeding

For the Baby

- Decreased risk of SIDS
- Fewer doctor visits and hospitalizations
- A healthier baby
- Decreased risk of future allergies and asthma
- Decreased risk of obesity and high cholesterol
- A healthier immune system
- Improved employee satisfaction and morale
- Greater employee loyalty and retention

For the Working Mother Who Breastfeeds

- Enhanced job productivity
- Improved employee morale and retention
- Greater employee loyalty and retention
- Improved employee satisfaction and morale
- Additional recruitment incentive

Women who breastfeed their babies for longer accrue significant health benefits. Breastfeeding is linked to a reduction in risk of many diseases, such as breast and ovarian cancer, osteoporosis and Type 2 diabetes. Breastfeeding has a calming effect on the mother and helps her better manage stress. It also has a contraceptive effect, which can lengthen the time between pregnancies and help make the next child healthier. Financially, breastfeeding means families will save on formula costs, healthcare expenses, and alternative care when a baby is sick.

Breastfeeding-Friendly Workplace Policy Template

This template can be customized by employers to individual workplaces. It can be downloaded as a Word document at [www.LABestBabies.org/templates/bfwp.doc](http://www.LABestBabies.org/templates/bfwp.doc).

Purpose

To establish guidelines for promoting a breastfeeding-friendly work environment at [Agency].

Policy

[Agency] recognizes that breast milk is the optimal food for the growth and development of infants, and encourages employees and management to have a positive, accepting attitude toward working women who are breastfeeding. [Agency] promotes and supports breastfeeding and the expression of breast milk by employees who are breastfeeding.

Discrimination and Harassment of Breastfeeding Mothers in an Workplace

It shall be the policy of [Agency] to provide:

- Anti-harassment
- Breastfeeding/Friendly Workplace policy shall be disseminated to every employee.

- Anti-harassment
- Breastfeeding/Friendly Workplace policy shall be disseminated to every employee.

Environmental friendliness

- Support breastfeeding in the workplace
- Support breastfeeding in the workplace
- Support breastfeeding in the workplace
- Support breastfeeding in the workplace
- Support breastfeeding in the workplace

Additional recommendations for providing breastfeeding promotion and support include:

- Providing breastfeeding education and support
- Providing breastfeeding education and support
- Providing breastfeeding education and support
- Providing breastfeeding education and support
- Providing breastfeeding education and support

Also suggested:

- The employer may provide the option of prenatal work, telecommuting/ working from home, or job sharing to the breastfeeding employee.

- The employer may offer additional time off beyond the period stipulated by the Family Medical Leave Act (FMLA) and California Family Rights Act (CFRA).

- The employer may provide on-site or nearby day care.

- The employer may provide referrals to breastfeeding resources and services in the community.

- The employer may incorporate breastfeeding information into the employee wellness program.

- The employer may provide on-site or agency-wide lactation services that include some or all of the following:
  - Professional lactation personnel
  - Purchase of electric pumps for the “Lactation Area.”
  - Discounted breast pump purchasing/rental program for employees.
  - A breastfeeding support group for working mothers.
  - Healthcare benefits with a lactation services coverage rider.

For the Baby

- Recommended method of feeding by all health authorities
- Healthier immune system
- Fewer doctor visits and hospitalizations

Health experts worldwide recognize that breastfeeding is the best way to feed an infant (see “Useful Web Sites” for a list of health authorities). Breastfed babies have fewer ear, respiratory and intestinal infections; are less likely to have allergies and asthma; and less risk of developing chronic diseases and conditions, such as SIDS, diabetes, childhood cancers, obesity, and high cholesterol. All of these benefits result in reduced medical visits, prescriptions and hospitalizations. The benefits of breastfeeding last a lifetime.

For the Community

- Reduced healthcare costs
- Environmental friendliness

A 2010 study published in Pediatrics found that the U.S. would save $13 billion per year and prevent over 900 infant deaths if 90% of mothers were to breastfeed exclusively for 6 months. U.S. taxpayers would save $478 in Women, Infants, and Children (WIC) costs and Medicaid expenditures for each infant breastfed during the first 6 months of life. 4

For the Working Mother Who Breastfeeds

- Better health
- Easier transition back to work
- Increased self-confidence and self-esteem
- Cost savings

Women who breastfeed their babies for longer accrue significant health benefits. Breastfeeding is linked to a reduction in risk of many diseases, such as breast and ovarian cancer, osteoporosis and Type 2 diabetes. Breastfeeding has a calming effect on the mother and helps her better manage stress. It also has a contraceptive effect, which can lengthen the time between pregnancies and help make the next child healthier. Financially, breastfeeding means families will save on formula costs, healthcare expenses, and alternative care when a baby is sick.
Federal and California Law Support Breastfeeding

Notes and References

End Notes


Acknowledgments

We gratefully acknowledge First 5 LA for funding this project.
We thank the following individuals and agencies for their contributions to the development of this project.

American Dietetic Association; the American Academy of Family Physicians; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; the American Academy of Nurse Practitioners; the American Academy of Nurse Practitioners in Women's Health; the American Academy of Pediatrics; A. Acknowledgments

Karen Peters, MBA, RD, IBCLC, LCCE
Director, WIC Breastfeeding Services,
Rebeca Pastrana-Sheng, BS, IBCLC
Janice French, CNM, MS
L.A. County Department of Public Health
Demitra Adams, MPH, CHES
We gratefully acknowledge First 5 LA for funding this project.
We thank the following individuals and agencies for their contributions to the development of this project.


Federal and California Law Support Breastfeeding

Notes and References

End Notes


Acknowledgments

We gratefully acknowledge First 5 LA for funding this project.
We thank the following individuals and agencies for their contributions to the development of this project.

Federal and California Law Support Breastfeeding

End Notes


Notes and References

Acknowledgments

We gratefully acknowledge First 5 LA for funding this project. We thank the following individuals and agencies for their contributions to the development of this project:

Dorothy Adams, MPH, CHES
Health Educator, L.A. County Department of Public Health, 350 South Bixel Street, Suite 100 Los Angeles, CA 90071

References

1. American Dietetic Association; American College of Obstetricians and Gynecologists; Academy of Breastfeeding Medicine, Breastfeeding Task Force of Greater Los Angeles, American College of Obstetricians and Gynecologists, ....

Useful Web Sites

Alcohol, Tobacco and Other Drug Abuse

Breastfeeding Task Force of Greater Los Angeles

Notes and References

End Notes


Notes and References

Acknowledgments

We gratefully acknowledge First 5 LA for funding this project. We thank the following individuals and agencies for their contributions to the development of this project:

Dorothy Adams, MPH, CHES
Health Educator, L.A. County Department of Public Health, 350 South Bixel Street, Suite 100 Los Angeles, CA 90071

References

1. American Dietetic Association; American College of Obstetricians and Gynecologists; Academy of Breastfeeding Medicine, Breastfeeding Task Force of Greater Los Angeles, American College of Obstetricians and Gynecologists, ....

Useful Web Sites

Alcohol, Tobacco and Other Drug Abuse

Breastfeeding Task Force of Greater Los Angeles

Notes and References

End Notes


Notes and References

Acknowledgments

We gratefully acknowledge First 5 LA for funding this project. We thank the following individuals and agencies for their contributions to the development of this project:

Dorothy Adams, MPH, CHES
Health Educator, L.A. County Department of Public Health, 350 South Bixel Street, Suite 100 Los Angeles, CA 90071

References

1. American Dietetic Association; American College of Obstetricians and Gynecologists; Academy of Breastfeeding Medicine, Breastfeeding Task Force of Greater Los Angeles, American College of Obstetricians and Gynecologists, ....

Useful Web Sites

Alcohol, Tobacco and Other Drug Abuse

Breastfeeding Task Force of Greater Los Angeles

Notes and References

End Notes