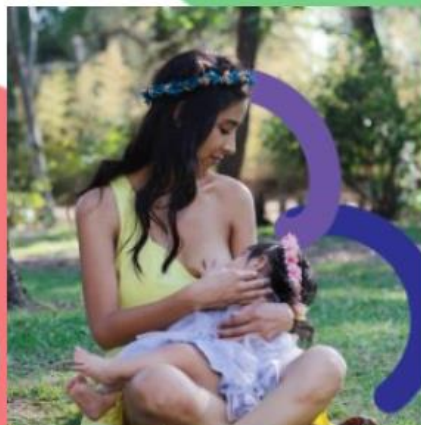


MAKE A DIFFERENCE IN YOUR CHILD'S LIFE

YOUR BABY NEEDS YOUR BREAST MILK



Your breast milk is...

- Specially made to meet your baby's needs.
- Changing as your baby grows.
- All your baby needs for the first six months.

WIC PROVIDES BREASTFEEDING SUPPORT AND EDUCATION

This institution is an equal opportunity provider.

Your breast milk alone:

- Gives your baby everything he needs to grow and develop.
- Helps prevent illnesses like ear infections and diarrhea.
- Protects from chronic health problems like diabetes, obesity and some allergies.
- Reduces the chances of Sudden Infant Death Syndrome.
- Gives your baby the best start to a healthy life.

Did you know, your breasts make as much milk as your baby needs?

Breastfeeding Moms benefit from WIC!

- Breastfeeding moms are enrolled in WIC longer than moms who do not breastfeed.
- Exclusively breastfed infants and mom receive more food.
- Assistance with breastpumps is available.

How can your employer support your breastfeeding needs?

- Create a supportive environment that helps breastfeeding employees feel confident.
- Allow for flexible breaks for nursing.
- Provide a lactation room.



Illinois Breastfeeding Laws

The Right to Breastfeed Act

A mother may breastfeed in any location, public or private, where the mother is otherwise authorized to be.

Pregnancy Accommodation Act

Illinois employers are required to provide reasonable accommodations to employees who are pregnant or have recently given birth.

Federal Breastfeeding Laws

Patient Protection and Affordable Care Act

All employers in the United States are required by federal law to provide nonexempt (hourly) employees the following:

- Reasonable, unpaid break time to express milk for infants up to one year after birth.
- A private, other than a bathroom, where employees can express milk.