

Date: \_\_\_\_\_

To whom it may concern:

Ms. \_\_\_\_\_ gave birth on \_\_\_\_\_. I have recommended that she continue breastfeeding until at least her child's first birthday. It is important for her health and the health of her baby for her to be able to express milk during the workday.

Research shows that the earlier a baby stops breastfeeding, the higher the baby's risk is of many diseases, including obesity, ear infections, diarrhea, and pneumonia. The earlier a mother stops breastfeeding, the higher her risk is of chronic diseases such as breast cancer, ovarian cancer, and diabetes.

Research also shows that companies reap a significant return on their investment when they provide time and space for women to express milk. Moreover, studies show that employees who are able to continue breastfeeding when they return to work have fewer missed workdays for infant illness.

My patient needs to express milk several times a day in order to provide milk for her baby and maintain her milk supply. Initially she will need to have 20 minute breaks about every 3 hours in a private, clean space. If she is using an electric pump, she will need access to an electric outlet and a small table or desk. It is not sanitary for her to express milk in a restroom.

As her baby begins to eat more solid foods, after about 6 months of age, a mother may not need to express milk as often during the day. Of note, the requirements of individual women may vary, depending on biological factors that are outside of a woman's immediate control.

Many major health authorities support employer efforts to allow employees to express milk including: the Centers for Disease Control and Prevention, the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the American Public Health Association, and the World Health Organization.

For information on supporting breastfeeding in the workplace, please visit the Massachusetts Breastfeeding Coalition web site, <http://www.massbfc.org/worksite>.

Thank you for your efforts to accommodate my patient's needs. Please contact me if you have any questions or concerns.

Sincerely,