



Baby-Friendly Spaces

Employee Accommodations

Parents and caregivers can return to work and still meet their breast/chestfeeding* goals.

- ◇ A workplace can provide an area for an employee to pump and a refrigerator to store the pumped milk in order to support the employee returning to work.
- ◇ If an employee that is breastfeeding has childcare nearby, it may be helpful for them to go there to feed their child during their breaks.
- ◇ Breastfeeding saves money. The purchase of a human milk pump will cost less than purchasing formula.

Workplaces profit by supporting their breastfeeding employees.

- ◇ Breastfed babies typically get sick less often, so employees will miss fewer work days to stay home with a sick child.
- ◇ Employees will be happier knowing they are supported. This can improve the workplace environment and in turn increase productivity.

***The terms mother/breastfeeding or woman/women may be used. Recognize that some people will describe themselves with words other than woman, mother etc. and may prefer to use terms such as birthing parent rather than mother, or chestfeeding rather than breastfeeding.**

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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