



MEDICAL NOTE

Date _____

Dear Employer,

With my support, _____
has decided to continue to breastfeed her baby upon returning to work on
_____.

Breastfeeding has been proven to prevent many common illnesses and diseases in both infants and their mothers. Studies have also shown that parents of breastfed babies have a lower rate of absenteeism on the job (Cohen 1995), lower healthcare costs (Cohen 1994), and higher productivity and company loyalty (Galtry 1997).

Please consider making it possible for my patient to continue breastfeeding her baby by meeting the following needs in the workplace:

- A private office or space (as small as 4'x5') with an electrical outlet to express milk.
- 2-3 breaks in an 8 hour day to express milk. Each break should require roughly 20 minutes.

Thank you for supporting my patient in her decision to breastfeed her baby. Please contact me with your questions.

Sincerely,



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