



North Dakota Infant Friendly Workplace

MERGING **Motherhood & Work**

NORTH
Dakota | Health & Human Services
Be Legendary.





Employer Benefits of an Infant Friendly Workplace

Reduced Sick Leave.

Breastfed infants have lower risk for common illnesses such as colds and ear infections, reducing sick leave for new mothers.

Lower Healthcare Insurance Costs.

Healthier infants require fewer medical appointments and prescriptions, leading to lower employer costs.

Higher Employee Productivity.

A supportive environment for breastfeeding mothers has been shown to increase both morale and productivity.

Retention of Experienced Employees.

Studies show that businesses with breastfeeding support programs have higher retention rates for new mothers.



What Does It Take To Become An Infant Friendly Workplace?

An Infant Friendly Workplace is a voluntary designation for employers who have a workplace breastfeeding policy, including:

- A dedicated, private space that is not a restroom for pumping breast milk.
- Flexible break/work scheduling for pumping breast milk.
- Access to a nearby sink and refrigerator.
- North Dakota Health and Human Services is here to assist workplaces across North Dakota create a private, comfortable space to achieve the Infant Friendly Workplace designation.

