

Date \_\_\_\_\_

Dear Employer,

With my support, \_\_\_\_\_  
has decided to continue to breastfeed her baby upon returning to work on

\_\_\_\_\_.

Breastfeeding helps prevent many common illnesses and diseases in both infants and their mothers. Studies also have shown that parents of breastfed babies have a lower rate of absenteeism on the job, lower health-care costs, and higher productivity and company loyalty. Recent state and federal laws support breastfeeding mothers who work.

Please assist my patient, as she continues to breastfeed her baby, by meeting the following needs in the workplace:

- Flexible break times for expression of milk
- Clean, private space (other than a restroom) for pumping/nursing

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

Sincerely,

\_\_\_\_\_  
*Physician*

\_\_\_\_\_  
*Phone number*



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

[www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding)