



Northeast Valley Health Corporation

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Health Centers

Pacoima
San Fernando
Sun Valley

LAC Canoga Park

LAC Valencia

Van Nuys Pediatric

Van Nuys Adult

(HIV/EIP Division)

Homeless Healthcare

Mobile Medical Unit

School Health Svcs Div.

• Maclay Middle School

• San Fernando H.S.

• L.A. Mission College

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Other Programs

Adult Community
Prevention & Recovery

DUI Program

Health Education &
Public Health Services

WIC Program



January 18, 2011

Dear Employer,

As employers, our greatest assets are our employees. Their presence and ability to work is what makes us able to run our business. Mothers are the fastest growing segment of our workforce, especially mothers with young children. Supporting a mother's decision to nurse her baby will not only benefit your employee and her baby, but will also benefit you in several important ways:

- **Absenteeism:** Employees who formula feed their infants miss work more often. Employees who breastfeed have healthier babies and miss less work.
- **Lower Health Care Costs:** Healthy babies mean fewer medical expenses for self-insured corporations.
- **Retention:** Employees who work in a breastfeeding-friendly environment are less likely to leave a job. This reduces the employers' costs to hire and train new personnel.

Another reason to support breastfeeding is to be compliant with the **California Lactation Accommodation Law** of the Labor Code in Chapter 3.8 (sections 1030-33). The law states that all employers are required to provide a reasonable amount of break time and make a reasonable effort to provide space to accommodate an employee to express breast milk for her baby.

We would be happy to provide you with assistance in implementing a policy to support breastfeeding in your worksite at no cost to your business. We will be contacting you in the next few weeks to follow up on this information.

If you have any questions, feel free to contact us at the email addresses or phone number below.

Sincerely,

Rebeca Pastrana-Sheng
Director, WIC Breastfeeding Program

Contact:

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