



*West Michigan Association of Lactation Consultants*

## ***Breastfeeding Friendly Employer Award***

Are you a working mother who is breastfeeding and has recently returned to work?  
Does your employer support your efforts to breastfeed?

The Breastfeeding Friendly Employer Award is established by The West Michigan Association of Lactation Consultants to identify and recognize employers who support the importance of breastfeeding for their employees and their employees' children. Providing support for breastfeeding employees has been shown to be beneficial to employers and businesses. Breastfeeding mothers have less absenteeism due to healthier children, medical costs are also less for breastfed infants and employee moral is improved.

The West Michigan Association of Lactation Consultants is seeking nominees for the Award from working mothers who are breastfeeding. We would like your help in identifying employers in Michigan who actively support the efforts of their employees who want to continue breastfeeding when they return to work after maternity/adoptive leave.

A WMALC committee will review employers, who are nominated, and the Award will be presented at the WMALC Annual Spring conference.

Criteria to be nominated for the Award should include, but are not limited to the following:

- A private space for employees to pump/express breastmilk or nurse their babies.
- Not a bathroom
- Flexibility for employees to bring young babies to work with them.
- Guaranteed flexible break times or a more flexible work schedule to facilitate pumping/nursing.
  - Breaks must be adequate to either breastfeed an infant on site or pump.
  - Recommend a minimum of 30 minutes at least twice a day in addition to lunch breaks.
- Access to an electric breast pump.
  - Electric breast pump may be provided by the employer or allow employee to use her personal breast pump. Appropriate electrical outlets must be available.
- A refrigerator for storage of expressed breast milk, and sink area for cleaning equipment.
- Services of a lactation consultant.
  - Employer may provide the lactation consultant service for employee or consult with a lactation consultant to ensure appropriate workplace breastfeeding facilities.
- Information on workplace breastfeeding benefits and support available to all employees.
  - WMALC is available to provide these breastfeeding information materials to employers.



**West Michigan Association of Lactation Consultants**  
***Breastfeeding Friendly Employer Award***  
**Application/Nomination Form**

Employer Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State: Michigan Zip \_\_\_\_\_  
Employer Contact Person: \_\_\_\_\_  
Employer Contact Phone Number: \_\_\_\_\_  
Employer Contact Fax Number (optional): \_\_\_\_\_  
Employer Contact E-mail (optional): \_\_\_\_\_

Nominee (Your) Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State: Michigan Zip \_\_\_\_\_  
Your Phone Number: \_\_\_\_\_  
Your Fax Number (optional): \_\_\_\_\_  
Your E-mail (optional): \_\_\_\_\_

**Nomination Materials**

1. My employer workplace provides (check all that apply):
  - A private space for employees to pump/express breastmilk or nurse their babies.
  - Flexibility for employees to bring young babies to work with them.
  - Guaranteed flexible break times or a more flexible work schedule to facilitate pumping/nursing.
  - Access to an electric breast pump.
  - A refrigerator for storage of expressed breast milk, and sink area for cleaning equipment.
  - Services of a lactation consultant.
  - Information on workplace breastfeeding benefits and support to all employees.
  
2. Nomination letter
  - Letter should provide information on why you feel your employer should be chosen for the Award.
  - Letter to be typewritten
  - Letter to be only one side of one page.
  
3. Send completed application form to:
  - WMALC Employer Award
  - c/o Michele Klunder, CMA, IBCLC
  - 859 146<sup>th</sup> Ave.
  - Wayland, MI 49348