Get educated about breastfeeding and Arkansas breastfeeding laws!

Why support breastfeeding?

- Breastfeeding protects mothers and their breastfed children from many illnesses and diseases including obesity, diabetes, and some cancers.
- Breastfeeding saves businesses time and money because breastfed children get sick less often and their parents miss less work.

Why is it important to support breastfeeding in public and workplace breast pumping?

- A mother needs to breastfeed her baby whenever he is hungry, to satisfy the baby and maintain her milk supply. Babies who are fed when they are hungry are less likely to cry and disrupt the place of business.
- Working mothers need to pump their milk to maintain their milk supply to provide the best food for their baby’s health.

How can businesses best support breastfeeding families?

- While paid breaks are not required, if an employer already provides paid breaks to employees, they must pay when those breaks are used to pump.
- Encourage fellow employees to offer kind support to those who are pumping to nourish their babies.