



## Breastfeeding Friendly Employer Award

Name of Employer \_\_\_\_\_

Address \_\_\_\_\_

Name and title of primary contact person \_\_\_\_\_

Work Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Number of Employees \_\_\_\_\_

What percentage of your employees are women between the ages of 15 –44? \_\_\_\_\_

Please check the option that best defines your worksite:

- Wholesale/retail     Manufacturing/Construction     Hotel/Restaurant     Schools
- Transportation     Hospitals/Health Care Facilities     Finance/Insurance Services
- Other (please describe) \_\_\_\_\_

How long has your lactation/breastfeeding support been in place?

- We are just getting started     Three to four years
- Between one and two years     Longer than four years

If selected as an award winner, would you be willing to serve as a resource for other employers?

- Yes     No

### Award Criteria

#### 1. Honorable Mention – Working Toward **New Hampshire Award** (must have all 4 in place)

- We have a written breastfeeding support policy and provide education about the policy to all employees.
- We provide a room with a comfortable chair for pumping or nursing baby.
- We allow flexible breaks of at least 15-20 minutes every 2-3 hours which includes lunch breaks.
- Information is provided for families regarding mothers' groups in the area, e.g. hospital lactation services, LaLeche League, and websites.



## *Breastfeeding Friendly Employer Award*

### **2. New Hampshire Worksite Award – includes all required elements listed in the Honorable Mention Category on page 2 and check all that are currently in place**

- A written breastfeeding support policy is provided to all employees
- Educational materials that promote breastfeeding are made available to all expectant parents
- Lactation room(s) have refrigerators nearby for milk storage
- Nearby sink for washing up
- Small table or shelf
- Electrical outlet
  - o Optional: radio/CD player, telephone, breastfeeding artwork
- Maternity Leave available for 12 weeks (6 of which is paid)

#### **One of the following**

- Ability to work part-time or some hours from home
- Flex time offered
- Job-sharing offered
- On-site child care
- Lactation Consultant services provided by employer's insurance or paid for by employer
- List or regional breastfeeding is maintained and kept up to date

### **3. Please list any other ways your worksite accommodates breastfeeding employees:**

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Technical Assistance – Please use the following websites as resources:

[www.dol.gov/whd/regs/compliance/whdfs73.pdf](http://www.dol.gov/whd/regs/compliance/whdfs73.pdf)

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

Our website [www.nhbreastfeedingtaskforce.org](http://www.nhbreastfeedingtaskforce.org)

Feel free to contact us at [pjolic@comcast.net](mailto:pjolic@comcast.net)

or

NH Breastfeeding Task Force  
c/o Paula Oliveira  
233 Beach Rd  
Salisbury, MA. 01952