

CAMFEB



**OVERVIEW OF THE IMPORTANCE OF
NOT FORCING MOTHERS TO CHOOSE
BETWEEN WORK AND BREASTFEEDING**





The decision to breastfeed is deeply personal and should not be compromised by workplace demands. For many working mothers, the pressure to return to work shortly after childbirth often forces them to make difficult choices between their careers and their child's well-being. However, it's crucial to recognize that breastfeeding is not only a biological necessity for infant health but also a fundamental human right for both mothers and babies.

By providing support and accommodations for breastfeeding mothers in the workplace, employers can ensure that mothers can continue breastfeeding while pursuing their careers. This not only promotes the health and well-being of babies but also empowers mothers to achieve their professional goals without sacrificing their ability to provide the best nutrition for their child.

Research has consistently shown that breastfeeding has numerous benefits for both babies and mothers, including reduced rates of infection, improved cognitive development, and lower risk of certain health conditions. Additionally, breastfeeding fosters a unique bond between mother and child, promoting emotional well-being for both parties. Creating a breastfeeding-friendly workplace involves implementing policies and practices that support lactating employees, such as providing dedicated lactation rooms, flexible work schedules, and support for expressing milk. These accommodations not only benefit individual mothers but also contribute to a positive work environment and increased productivity.

Moreover, supporting breastfeeding in the workplace is not just a matter of corporate responsibility—it's also good business sense. Studies have shown that breastfeeding-friendly workplaces experience lower turnover rates, reduced absenteeism, and higher employee satisfaction levels. By investing in the well-being of working mothers, employers can gain a competitive edge and foster a culture of inclusivity and support. At CAMFEB, we advocate for policies and practices that promote breastfeeding-friendly workplaces and empower mothers to continue breastfeeding while pursuing their professional goals. By raising awareness and providing resources, we strive to create a world where every mother has the opportunity to thrive in her career without compromising her child's health and well-being.