

RECOMMENDATIONS TO BECOME A BABY-FRIENDLY ENTERPRISE

1. Provide a place for mothers to express breast milk:
 - a private, comfortable and hygienic place
 - with a clean and safe water source nearby for washing hands and rinsing out any breast-pump equipment
 - electric connection for breast pumps
2. Provide a refrigerator to store breast milk
3. Allow for time for mothers to express breast milk – 2-3 short breaks during an 8 hour work period
4. Allow flexible working hours for breastfeeding mothers, where feasible
5. Make information, education and communication materials on breastfeeding & infant feeding available
6. Health staff in enterprise (if available) should have knowledge and skill to provide counseling for female workers on breastfeeding & other infant feeding issues

***Supporting mothers to breastfeed is an investment in the health of the present and future workforce.
Today's babies are tomorrow's workers***

Investing in Vietnam's future human resource

Breast milk is a critical source of nutrition for children 0-24 months. Breastfed children are less likely to fall ill. In addition breastfed children are likely to be smarter than non-breastfed children.

- *Breast milk has all the nutrition that babies need in the first 6 months (180 days).*
- *From 6 to 11 months of age, breast-milk continues to supply more than half (1/2) the energy need of babies.*
- *From 12 to 24 months of age, breast-milk continues to supply one third (1/3) of energy need of babies.*

Breastfeeding until 24 months of age or longer also supports babies' immune, digestive system and cognitive development to develop fully.

Your company can help employees give their babies the best start in life by establishing a breastfeeding-friendly workplace so that women can exclusively breastfeed during the first 6 months and continue to breastfeed up to 24 months.

Benefits to companies

- Reduce absence due to child sickness (breastfed babies are generally healthier)
- Increased staff morale and loyalty and subsequent higher rate of return to work
- Lower recruitment and training costs
- An extra incentive to offer potential employees

