OFFICE OF THE GOVERNOR

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Breastfeeding Awareness

Breastfeeding reduces the risks of both acute and chronic health conditions for mothers and babies. The American Academy of Pediatrics recommends about six months of exclusive breastfeeding and continued breastfeeding for one year or longer as it is mutually desired by mother and infant.

California laws and the Affordable Care Act help remove systemic barriers that prevent women from reaching their breastfeeding goals by requiring employers to provide breastfeeding women with time and private space to express breast milk. While we've made advances in public policy to support breastfeeding, only half of California mothers returning to work have a place and time to pump breast milk—and low-income women are less likely to have access to these accommodations.

During World Breastfeeding week (August 1-7, 2015), we call on all sectors of the community, to protect, promote, and support a mother's right to breastfeed. As disparities in breastfeeding outcomes and access to breastfeeding support persist, we will continue to work collaboratively to ensure that all California women have equal access to lactation accommodations in the workplace.

Sincerely,

Jerry Brown

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