

# *Sample Paycheck Messages*

Adding one of the messages below to paycheck stubs is an easy way to let employees know that you accommodate breastfeeding employees!

- "If you are working and breastfeeding your child, we provide a private space and adequate time for expressing milk at work. Please see your supervisor for more information."

- "We accommodate the needs of breastfeeding employees!"

- "*Breastfeeding: A Gift that Lasts A Lifetime.*

If you are pregnant or breastfeeding, talk to your supervisor about how we can help you to continue breastfeeding after returning to work."

- "We support employees who choose to breastfeed their infants after returning to work by providing a private space and adequate time to express milk at work."

