

# Breastfeeding at Work



## Know your Rights!

Protected lactation breaks - allowing up to 25% of a work shift for breastfeeding or expressing milk - are a *legal right* in Aruba

Your organisation is a family-friendly workplace. This means that, among other things, it is required to offer time in your work day for lactation breaks.

## Benefits of Breastfeeding

Breastfeeding provides more than optimal nutrition, it contributes not only to physical health but also to the child's emotional development and the foundation of lasting parent child bonds.



Meets all of your baby's nutritional needs



Helps develop secure attachment in infants



Vital for your baby's socio-emotional development



Protects your baby from infections and diseases

