

Office of School Board Members  
Board Meeting of June 18, 2014

June 11, 2014

Dr. Marta Pérez, Board Member

**SUBJECT: ACCOMMODATIONS FOR NURSING MOTHERS**

**COMMITTEE: INSTRUCTIONAL EXCELLENCE AND COMMUNITY  
ENGAGEMENT**

**LINK TO STRATEGIC  
FRAMEWORK: STUDENT, PARENT, AND COMMUNITY ENGAGEMENT**

Throughout my tenure, my office, with the Board's support, has advocated for children's critical needs for nurturing during the first years of life. This led to the implementation of baby care models within some of our schools where infants and toddlers are cared for onsite or nearby their mother's work location.

This item seeks to further cement our Board's commitment to infant care. Research supports the benefits of nursing babies. The benefits of breastfeeding extend well beyond basic nutrition.

School Board Policy No. 4425, *Nursing Mothers*, states that: "Support staff members who breastfeed shall be provided additional unpaid break time, as necessary to express breast milk on District premises." However, the policy does not address instructional employees.

Teachers' schedules are varied and their work times subject to collective bargaining. The intent of this item is to encourage principals to facilitate adequate locations for nursing mothers within the parameters of the labor contract and applicable law.

**ACTION PROPOSED BY  
DR. MARTA PÉREZ:**

That The School Board of Miami-Dade County, Florida, request the Superintendent to encourage principals to facilitate an adequate location for nursing mothers within the parameters of the labor contract.

**Revised  
H-14**

## Benefits of Breastfeeding

- Breast milk is widely acknowledged as the most complete form of nutrition for infants, with a range of benefits for infants' health, growth, immunity and development.

**Source: Centers for Disease Control and Prevention**

- Recommends that babies be exclusively breastfed for 6 months and that breastfeeding continue for at least 12 months because is the ideal feeding pattern for infants.

**Source: American Dietetic Association (ADA)**

- Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants; it is also an integral part of the reproductive process with important implications for the health of mothers.

**Source: The World Health Organization (WHO)**

- Urges that breastfeeding be viewed as “a public health issue and not only a lifestyle choice”

**Source: The American Academy of Pediatrics (AAP)**

- For nearly all infants, breastfeeding is the best source of infant nutrition, immunologic protection, and provides remarkable health benefits to mothers as well.

**Source: The American Academy of Pediatrics (AAP)**

- Has proven that breast feeding has reduced many risks of diseases such as SIDS, (Sudden Infant Death Syndrome) Cancer, Diabetes and etc.

**Source: Agency for Health Care Research and Quality**