



Paid family leave means healthier children



**+ LOWER
RATES OF
LOW BIRTH
WEIGHT**



**+ FEWER
PRETERM
BIRTHS**



**+ GREATER
FREQUENCY
& LENGTH OF
BREASTFEEDING**



**+ MORE TIME
FOR
PARENT-CHILD
ATTACHMENT**

Nutrition and health begins at home.

Breastfeeding for the first six months of a baby's life is known to improve overall health and bonding. Paid family leave not only allows women to breastfeed their babies longer, but also better protects children from infection and viruses. Earlier returns to work correlate with fewer medical checkups and less breastfeeding.



RELATIONSHIPS BUILD BABIES' BRAINS

Every moment matters for young children. The brain's structure is still being built after birth and forms the foundation for a child's future health, behavior and learning. Touch, soothing, and a sense of security are crucial for healthy brain development.

Learn more at www.FamiliesValued.org.

Sources: *Journal of Health Economics*, "Parental Leave and Child Health" (2000) | American Academy of Pediatrics: Infants (0-1 Years) | Center for Disease Control, "Exclusive Breastfeeding" | *American Journal of Public Health*, "Paid Family Leave Effects on Breastfeeding: A Quasi-Experimental Study of US Policies" (2018) | Cleveland Clinic "Is Your Newborn Immune System Strong Enough" (2017) | *The Economic Journal*, "Maternity Leave, Early Maternal Employment and Child Health and Development in the US" (2005) | Center on the Developing Child at Harvard University, "InBrief: The Science of Early Child Development" (2007)