



Breastfeeding and Politics

by Barbara Danna, RN, BS, CLC

The Oregon State Senate approved a bill on April 30, 2003, requiring workplaces to be breastfeeding-friendly. If all goes well in the House of Representatives, SB783 will then go to Gov. Ted Kulongoski to sign.

If passed, this bill would require employers to make workplace accommodations for breast-feeding mothers. The most common reason that women stop breastfeeding is because they have to return to work.

This bill, sponsored by Sen. Ginny Burdick (D-Portland), provides unpaid rest periods and a private location for mothers to breast feed or express milk. The bill will make exceptions for businesses that would face "undue hardship" providing such accommodations. Most companies should have little trouble finding extra space, usually at no extra cost.

Employers will benefit from these modifications because babies who are breastfed are healthier and experience fewer childhood diseases than formula-fed babies. This results in less work missed by mothers/parents who would otherwise need to stay home with a sick child. Breastfed babies have fewer upper respiratory diseases, fewer digestive problems, less diaper rash, and fewer ear infections, just to mention a few of the health benefits.

SB783 passed the Senate 22-6.

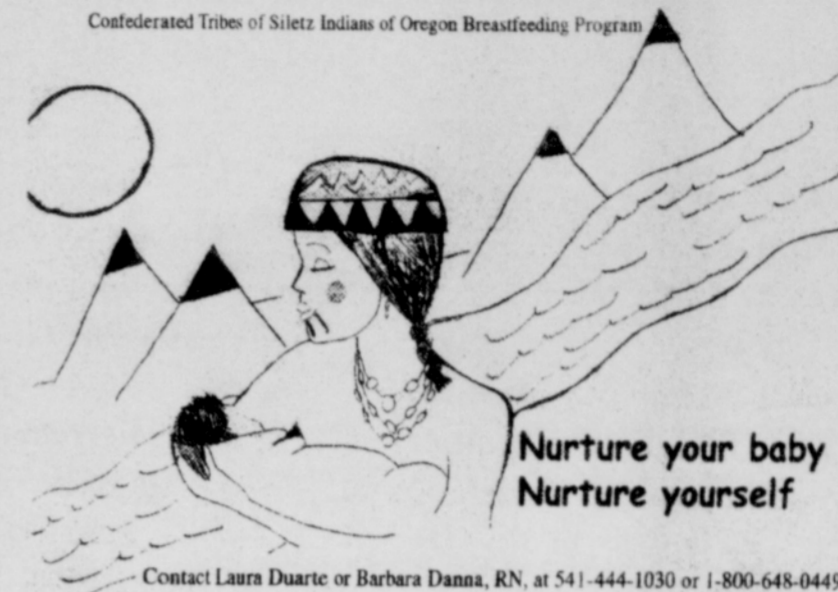
The Siletz Tribe gives breast pumps to nursing mothers who are returning to work. Time and space are made available at the clinic to employees who need to pump and store their breast milk. Some mothers may live close to work and can nurse their babies during their lunch hour.

Moms and Babies Breastfeeding Circle

Confederated Tribes of Siletz Indians of Oregon Breastfeeding Program

2nd Tuesday of each
month, 6 - 7:30 p.m.
Housing Department
Conference Room

You're invited to
come eat, visit, and
learn about the many
benefits of
breastfeeding.



Nurture your baby
Nurture yourself

Contact Laura Duarte or Barbara Danna, RN, at 541-444-1030 or 1-800-648-0449

Sponsored by Siletz Tribal Diabetes Grant

American culture is becoming wise to the health benefits of breastfeeding, both for the baby and the mother. With this increased knowledge, we have seen the popularity of breastfeeding grow. More and more women are choosing to breastfeed their babies.

The current recommendations by the Center for Disease Control and the World Health Organization encourage breastfeeding during the first year and through the toddling years if possible. With these health organizations aggressively encouraging breastfeeding and with its increased popularity, the need for accommodations in the work place will continue to be a hot topic in both the political and business worlds.

Please continue to watch for breastfeeding articles each month in *Siletz News*.

Missing Moccasins

Aaron	Scott	ADAMS	Russell	Sherman	GILBERT	Talyssa	Sheri	MARTIN	Byron	Willis	STRONG
Gerald, Sr.	Jiles	ADAMS	Elaine	Jeanette	GREENE	Virgil, Jr.	Dean	MARTIN	Dennis	Clyde	SUITTER
Andrew	Michael	ARDEN	Christopher	David	GREINER	Tracy	Earl	MCCLEINTOCK	Sabrina	Lee	TALLMAN
Nicholas	Brown	ARDEN	Jeanna	Marie	HARRINGTON	Harold	Alan	MCCORD	Katrina	Louise	TAYLOR
Frank, Jr.	Dominic	ASPRIA	Vanessa	Joy	HEDRICK	Timothy, Jr.	Alan	MILAM	Jason	Scott	TORREZ
Jon, Jr.	Christian	BAKER	Desiree'	Katarina	HERNANDEZ	Vicky	Lynn	MINIKEN	Homer, Jr.	Ire	UNGER
Bobby, Jr.	Lee	BAYYA	Matthew	Thomas	HERZ	Carrie	Ann	MOODY	Angella	Delores	VAILE
Derrick	Leonard	BELGARDE	Clifford	Thomas	HIGGINS	Gary	Russell	MOODY	Vera	Mae	VASQUEZ
Derrick	Aeron	BELGARDE-FOSTER	Dakota	Blain	HOOOPER	Mortie	Donald	MORTENSON	Leslie	Christine	WAGNER
Michael	Thomas Patrick	BLACKETER	Alley	Danielle	HORNE	Charlotte	Anne	NELSON	Tracy	Jean	WALKER
James	Leroy	BOE	Isaac	Mackenzie	HUNT	Justyne	Mae	OLEMAN	Chasta	Cree	WESEMAN
John	P.	BOSTWICK	J.C.	Brandon	HUNT	Ole	Willard	OLSON	Ryan	Eugene	WEST
Jory	Andrew	BOSTWICK	Jim, Jr.	Charles	HUNT	Patrick	Robert	OLSON	Jacob	Scott	WILLIAMS
Joseph	Paul	BOSTWICK	William	Hayes	HUNT	Kristine	Michelle	PARROTT	Kristen	Marie	WOLF-LANE
Larry, Jr.	A.	BOSTWICK	Lorne	Craig	HURT	Delmar	Scott	PETERSON	James	Robert	WOODS
Travis	Wayne	BOURRIE	Monique	Fayette	JACKSON	Timothy	David	PETERSON	Wendy	Lee	WOODS
Autumn	Marie	BROWN	Lindsey	Frank	JOHN	Bradford	Robert	PRATHER	Natane	Aiyana	WOOSLEY
Marcellus	Ray	BUTLER	Michael	Todd	JOHNSON	Christopher	Lee	RAY	Timothy	Shane	WRIGHT
Sh-my-dray	Chavez	COLE	Michelle	Marie	JOHNSON	Robert, Jr.	Collins	RAY	Wenoa	Jean	YARBROUGH
Wesley	Derrick	COLE	Melinda	Lee	JONES	Tobias	Tee	REESE	Nickie	Lynn	YOUNG
Daniel	Bruce	COLLINS	Aaron	Anthony	KAISER	Charles	Eugene	RICHARDSON			
Edward	Lee	COURVILLE	Brandi	Marissa	KEKUA	Kari	Kerlynn	RILATOS			
Kimberly	Nicole	COURVILLE	Brittany	Rosemary	KELSO	William, Jr.	Ray	ROBERTS			
Henry	Ellson	COX	Michael	John	KENTTA	William, Sr.	Ray	ROBERTS			
Darren	Wayne	DELGADO	Bryan	David	KING	Roberta	Pauline	RUSSELL			
Peter	Oscar	DEPOE	Angelique	Rae	KIRK	Anna	Joyce	SABIN			
Violet		DEPOE	Le' Vaughn	Quincy	KIRK	Washakie	William Hawk	SCHNEIDER			
Rindy	Kay	DICKSON	Clifton	Lawrence	KLAMATH	April	Samantha	SCOGGINS			
Gary	R.	DOWNEY	Arnold	Dean	LANE	Diane	Lee	SERVICE			
Leah	Mae	DOWNEY	Casinda	Mae	LANE	Cole	Martin	SEVERSON			
Tia	Michelle	DUNPHY	Victor	James	LARSEN	Madalynn	Rose	SEVERSON			
Wendy	Sue	FIFE	Patrick	Nichole	LEATON	Rachel	Ann	SEVERSON			
Sky	Blue	FISHER	Ashlee	Marie	LOGAN	Robert	Alan	SEVERSON			
Tammy	Lynn	FORTY	Elaina	Douglas	LOGAN	Larry	Ray	SHIVERS			
Chay	Anthony Gene	GILBERT	Corey, Jr.	Shawn	LOVING	Benjamin, Jr.	Dewey	SMITH			
Joseph, Jr.	Jesse	GILBERT	Bradley		MARTIN	Abraham	Lawney	STAGGS			

If you or anyone you know is on this list (please remember your children when updating your address), please contact Loraine Butler in Enrollment at 1-800-922-1399, ext. 258, 541-444-8258, or loraineb@ctsi.nsn.us.