

Paid Family Leave Ensures Health Equity for All

Paid family leave improves...

MOTHER'S HEALTH:

- Provides time for women to physically recover from childbirth.
- Provides opportunities for women to obtain the health benefits associated with increased levels of breastfeeding initiation.
- Reduces postpartum depressive symptoms and postpartum depression.

CHILDREN'S HEALTH:

- Reduces infant mortality rates and improves breastfeeding initiation (especially among low-income mothers) and continuance.
- Lowers health risks during early childhood that rely on parental input.
- Allows parents to appropriately care for adopted children's health, by facilitating their secure attachment.
- Helps reduce rates of child maltreatment and neglect.
- Improves mother-infant interactions and involvement, which is shown to improve infants' health.

PAID FAMILY LEAVE (PFL) provides not only economic benefits to employers, but also positive public health benefits. Below are key takeaways from the public health literature connecting PFL to improved health for new mothers, children, and their families. Policies that guarantee paid family leave may especially help low-income workers and families attain their full health potential, as this population is the least likely to have access to employer-provided PFL.



WHOLE FAMILY HEALTH:

- Improves stress associated with having children in marital relationships.
- Reduces low-income mothers' stress and anxiety associated with childbirth and childrearing.
- Provides relief to pregnant mothers affected by intimate partner violence.