



# ARC Fertility: Comprehensive Lactation Support for Working Parents

Supporting new parents as they transition back to work is a cornerstone of ARC Fertility's commitment to holistic family-forming benefits. Lactation support is a vital component of this effort, helping employees balance breastfeeding goals with their professional responsibilities. By offering both **virtual and in-home lactation support services**, ARC ensures personalized, accessible and effective care for every parent.

## Why Lactation Support Matters

Breastfeeding provides numerous health benefits for both babies and parents, yet many face challenges that make it difficult to achieve their breastfeeding goals. Without proper guidance and support, parents often encounter:

- Issues with milk supply and latch difficulties
- Physical pain or discomfort during breastfeeding
- Emotional stress tied to balancing work and nursing
- A lack of resources or flexibility in the workplace

Employers who prioritize lactation support foster a more inclusive, family-friendly work environment, leading to improved employee retention, productivity and morale.

## ARC's Virtual and In-Home Lactation Support Services

ARC's lactation support program meets employees where they are, offering personalized care that fits their schedules and needs. Services include:

- **Virtual Lactation Consultations:** Access to board-certified lactation consultants (IBCLCs) through secure video calls, providing real-time advice and support for issues like milk supply, latching techniques and pumping strategies.
- **In-Home Lactation Support:** For parents who prefer hands-on assistance, certified professionals can visit their homes to provide personalized care in a comfortable setting.



- **Comprehensive Resources:** Access to educational materials, webinars and guides via **ARC's FertilityNow® app** and online platform to empower parents with knowledge and confidence.
- **Workplace Integration Guidance:** Assistance for parents transitioning back to work, including tips on pumping schedules, milk storage and employer communication.

## Benefits for Employers

Offering lactation support delivers measurable value to organizations:

- **Enhanced Retention:** Parents feel supported and valued, reducing turnover rates.
- **Boosted Productivity:** Employees are less stressed and more engaged when they have the tools to manage work-life balance.
- **Compliance Assurance:** Meets federal and state requirements for lactation accommodations, ensuring workplace equity.



## Flexible Solutions for Every Family, Every Step of the Way

ARC Fertility's lactation support services are designed to meet the diverse needs of today's workforce. Whether parents are at home, on the go, or transitioning back to the workplace, our program offers the flexibility and expertise they need to succeed.

## Empower Your Workforce with ARC Lactation Support

ARC Fertility is proud to partner with employers to create a supportive environment for new parents. Our virtual and in-home lactation services are part of a broader commitment to enhancing employee well-being and productivity through high-quality, cost-effective family-forming benefits.

**Contact Us to** learn how ARC can help your organization foster a family-friendly workplace culture.

<https://www.arcfertility.com/>

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ARCfertility.com | 1-888-990-2727 | [info@arcfertility.com](mailto:info@arcfertility.com)

