

Project GEM Stone

Guide for Expectant Mothers

Support  Training  Opportunity  Navigation  Education

Established in 2015 to support return to work nursing mothers.

Mission and Vision

Our Vision is to be recognized as a progressive organization that fully support expectant mothers and return to work nursing moms by providing valuable education and resources to assist the employee in their transition.

Our Mission is to provide guidance and support, training opportunities, resources and education for expectant mothers and provide comfortable, quiet space for return to work nursing moms.

The Benefits of a Nursing Mom

One of the primary reasons a woman breastfeeds her baby is the health benefits. Breast milk is packed with disease-fighting substances that add up to healthier babies and healthier mothers which make for a healthier workforce and a healthier economy (through lower health care costs).

Baby Benefits

- Lower risk of stomach viruses, respiratory illnesses, ear infections, and meningitis
- Lower risk of various conditions later in life, including type 1 & 2 diabetes, high cholesterol, high blood pressure, obesity, allergies, and inflammatory bowel disease
- Improved cognitive development

Mother Benefits

- Lower risk of breast cancer and type 2 diabetes
- Mitigation of stress and postpartum depression
- Joyful bonding with baby
- Less expensive than formula

For more information or questions, please contact Karla Kipi, Wellness/Safety Specialist: via email: karla.kipi@tampagov.net or phone: (813) 310-3991.