

MACPM Statement Supporting “LD1410: An Act to Create Family and Medical Leave Benefits”

4/10/2019: By Holly Arends Murphy, CPM, Co-Chair of the Maine Association of Certified Professional Midwives

The Steering Committee of the Maine Association of Certified Professional Midwives (MACPM), on behalf of our members, supports LD1410, “An Act to Create Family and Medical Leave Benefits.”

On a national average, one in four people who give birth return to work within ten days. As Certified Professional Midwives our members routinely interact with families after the birth of a baby and are witness to the ways that such premature return to work negatively impacts the person giving birth, the baby, and the rest of the family. Financial need is the primary reason people return to work prematurely after giving birth; many families are faced with deciding either to follow medical advice for rest and recovery, or to return to work to ensure financial stability for their families.

LD1410 would create a third option. LD1410 would allow Maine to join the ranks of most other industrialized nations in the world and create a mechanism to allow for financial stability while people recover following birth. The time LD1410 would create for families will contribute to a strong and healthy attachment to their babies, which, as research has proven, pays benefits to infant and child health over time.

Research is likewise clear that early return to work is associated with increases in maternal mental-health issues. It is also very clear that early return to work is a significant factor in low breastfeeding rates. Both of these issues contribute to decreased health and thus higher healthcare costs for individuals and the state of Maine.

MACPM urges the committee to support this important legislation and to help families and newborns get off to the best and most-supported start possible. It will pay dividends to the state, in the health and wellbeing of our citizens.

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