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Paid Family Leave Can Be a Lifeline

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A week before I gave birth last February, the research team I work with published a **study** in a prominent scientific journal on how paid family leave affects maternal and child health. The study found that having access to paid family leave led to a decrease in postpartum depression and an increase in the number of weeks babies are breastfed.

Yet the United States **remains** the only high-income country without a national paid family leave policy. Our sole federal policy, the Family and Medical Leave Act, only **requires** unpaid leave. Some states have enacted their own policies: California, where I live, mandates eight weeks of partially paid leave.