

March 25, 2019

To: The House Business and Labor Committee and the Senate Workforce Committee
From: Jessica Hammond
Re: Support of HB 3031

Dear Chair and Members of the Committee,

My name is Jessica Hammond and I live in Veneta, OR.

In February 2018, while 31 weeks pregnant I was placed on bed rest due to health reasons and taken out of work 8 weeks prior than what I had anticipated. Leaving my family in a situation where we became worried and stressed about how we could afford for me to be out of work both before delivering my son and after he was born. The stress of worrying about finances during such a critical point in my life and while facing health concerns was difficult for me both mentally and physically. My blood pressure continued to skyrocket as the stress of finances continued to wear on me. Shortly after my son was born I developed a severe case of Postpartum depression/anxiety, while there were many factors at play in this I do believe that the stress of worrying about being on unpaid leave and losing half of our income was a huge contributing factor into my diagnosis. 25% of women in the United States return to work just two weeks after giving birth to a baby, and while I was lucky enough to have more time off of work not having my income for an extended period of time was a huge stressor for my family. Had my family been able to utilize paid family leave I would've been able to focus on taking care of my newborn baby and recovering from childbirth without the worry of finances.

Sincerely,

Jessica Hammond