

## Anderson, Bryan

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**From:** Champeau Family <champeau.family@gmail.com>  
**Sent:** Wednesday, March 06, 2019 11:22 AM  
**To:** LABTestimony  
**Subject:** Paid family leave

Hello,

My name is Crystal Champeau. I am writing to you regarding Paid Family Leave in CT. I am a mother to a 3 year old as well as expecting a new baby this summer. Since the birth of my daughter in 2015 I have been passionate about paid family leave after expecting returning back to work earlier then I wanted to returning 8 weeks after her birth.

I was not fully (physically) healed from giving birth until 12 weeks. I was suffering from post-partum depression (unknown at the time) and struggled to bond with my daughter in such a short time. It was painful, both physically, mentally and emotionally to return to work so soon. My employer only provides 5 weeks Short term disability from there I can add on my own vacation time (however the time I was away I did not earn paid time off.) I have since learned (as no one explained to me at the time) I could have taken up to 16 weeks off however any additional time would be unpaid. Two months of no paycheck in addition to the reduced rate I received while on disability was not an option. We are homeowners and work very hard to meet our financial responsibilities.

I have spoken out when I have the opportunity asking my company to expand the maternity leave benefit but have seen no change. I pay into many programs in our state that are not applicable for me to receive but there are no programs available for me when in need.

I beg you as a constituent to pass a paid family leave legislation effective immediately. It is so important for families to not only bond with their new child but allow themselves time to physically and mentally recover from birth. We should not have to choose between our own health, the family we love and a job we need.

Thank you for your time.  
Crystal Champeau

Sent from my iPhone