

PRIVACY
FLEXIBILITY
EDUCATION
SUPPORT



PRIVACY

Privacy for milk expression. A private room with lock or an on-site designated room, other than a bathroom, with an electrical outlet.

FLEXIBILITY

Women need to express milk every three hours to maintain production, meaning 2-3 breaks during an 8-hour workday. Each expression takes approximately 15-20 minutes.

PRIVACY PLEASE
MOTHER AT WORK

For more information on the Lactation Support Program, visit www.purdue.edu/familyfriendly.

EDUCATION

Information and resources to support parents in balancing their job responsibilities along with the requirements for breastfeeding.

SUPPORT

A positive, accepting attitude from upper management, supervisors and coworkers helps breastfeeding employees feel confident in their ability to continue working while breastfeeding.