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.

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

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

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