

Worksite Lactation Support Program

Employee responsibilities and resources

Communication with supervisors

Employees who wish to express milk during the work period shall keep supervisors informed of their needs so that appropriate accommodations can be made to satisfy the needs of both the employee and Purdue University.

Maintenance of milk expression areas

Breastfeeding employees are responsible for keeping the general lactation area clean for the next user. This responsibility extends to both designated milk expression areas, as well as other areas where expressing milk will occur.

Milk storage

Employees should label all milk expressed with their name and date collected so it is not inadvertently confused with another employee's milk. Each employee is responsible for proper storage using a personal cooler that can be stored in either the building refrigerator or as a stand alone unit.

Use of break times to express milk

When more than one breastfeeding employee needs to use the designated lactation room, employees can use the sign-in log provided in the room to negotiate milk expression times that are most convenient or best meet their needs.



National resources for mothers

- U.S. Department of Health & Human Services/Office of Women's Health
www.womenshealth.gov, (800) 994-9662
Offers downloadable information sheets on breastfeeding, trained peer counselors, and "Easy Guide to Breastfeeding" booklets available for five different audience groups of women.
- WIC (Special Supplemental Nutrition Program for Women, Infants, & Children
www.fns.usda.gov/wic/Contacts/cooralpha.htm
Check the USDA Food & Nutrition Service's state-by-state listing of WIC breastfeeding coordinators to find out what resources for mothers are available in your state.
- Healthy Mothers/Healthy Babies Coalition
www.hmhb.org/publications.html
Offers informational booklets for working mothers available in English and Spanish.
- La Leche League International
www.llli.org 1-800-LALECHE
Offers numerous publications, including books and pamphlets on breastfeeding, parenting, and managing employment with breastfeeding, articles on working and breastfeeding, and a toll-free breastfeeding information line.
- March of Dimes
www.marchofdimes.com/aboutus/chapter_view_all.asp
Offers breastfeeding information and link to local March of Dimes chapters.