Establishing New Lactation Station’s at the University of Northern Colorado

The Need:

A need for a private space to breastfeed or express breastmilk was discovered through a service learning project in a Dietetics Program Professional Development Seminar taught by Dr. Alena Clark, RD, CLC. The service learning project completed an environmental scan of areas on campus that would be an appropriate place to have a private area for breastfeeding or expressing breastmilk. Alena is a Certified Lactation Counselor and breastfeeding support is an area of her clinical practice and current research. Alena approached the Women’s Resource Center about establishing a Lactation Station in their workspace area based on the positive feedback received from the environmental scan that was completed in the service learning project.

Colorado Law:

Colorado currently has two laws which assist in supporting breastfeeding. The first, Colorado Breastfeeding in Public Act (2004), recognizes the benefits of breastfeeding and encourages mothers to breastfeed. In addition, this law allows a mother to breastfeed in any public place she has the right to be without being cited for indecent exposure. The second, Colorado Workplace Accommodations for Nursing Mothers (2008), requires employers to provide adequate break time for an employee to express breastmilk for her nursing child for up to two years after the child’s birth. This law also requires an employer to make reasonable efforts to provide a private place for their employees to express breastmilk, other than a bathroom stall.

The Purpose:

During the spring of 2011, Yvette Lucero-Nguyen, MPH and Alena Clark met to discuss the plan of establishing a Lactation Station at the WRC. The Lactation Station debuted in August 2011 during the WRC’s Open House event. The Lactation Station serves students, faculty and staff who choose to continue to breastfeed after returning to school or work. The space is available for breastfeeding or expressing breastmilk between the hours of 8:00 to 5:00 p.m. and is accessible on a first-come, first-serve basis.

Items Needed for a Lactation Station:

We are now in the process of determining other areas that would be suitable spaces for a Lactation Station. The items needed for a lactation station include very few items as listed below:

- Comfortable chair
- Small table (nice addition to place breast pump on while expressing milk)
- Privacy screen (preferred if the area is in a common space)
- Place to wash and dry hands and breast pump pieces
- Electrical outlet to plug in breast pump

For more information regarding the Lactation Station, call WRC at 351-1492
For more information regarding breastfeeding support, call Alena Clark, PhD, RD, CLC at 351-2879
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Frequently Asked Questions

**Q: How much would it cost to host a Lactation Station?**
A: Essentially nothing but the donated space. Although we need a few items donated for the space as well as someone to upkeep it, if your department or program would be willing to donate the space and cannot donate anything more, we can find the other things we need elsewhere.

**Q: How much space would be needed?**
A: Enough for a chair, small table, a privacy screen if the space is not already private, and some room to move a little.

**Q: What are the other requirements of hosting a Lactation Station?**
A: Besides the items listed above, it would need an electrical outlet, and a place to wash hands and breast pump pieces, such as a close restroom. The station must also be private.

**Q. Will breast pumps be provided in Lactation Stations?**
A. No. The newly acquired stations will not provide any breast pumps. Lactation Stations will require the mother to bring her own breast pump.

**Q: Who will be responsible for the Lactation Station and maintenance?**
A: Someone in your department or program will be responsible for letting a woman into the station and contacting us about any maintenance problems. If your department or program would like to be responsible for the maintenance, that would be great, but if not, we can find a volunteer to do it.

**Q. When will the Lactation Station be open?**
A. Whenever the department or program’s office hours, in which the station is located, are open.

**Q. Do the mothers have to reserve a time at the Lactation Station?**
A. No. The station is first-come, first-serve, and based on availability. More than one woman can use the station at a time as well.

**Q: Why is a Lactation Station important?**
A: Lactation Stations benefit faculty, staff, and students, who are breastfeeding and need an appropriate place to pump. Although UNC already has a great Lactation Station at the Women’s Resource Center, it is located on central campus and is inconvenient for women who may work and have classes on west campus. Breastfeeding and being a student or working may add challenges and this station would help these women continue to breastfeed.