Questions Regarding Lactation Stations at UNC:
Women’s Resource Center
970-351-1492
www.unco.edu/wrc/Breastfeeding.html

Questions Regarding Breastfeeding Support at UNC:
Alena Clark, PhD, RD, CLC
970-351-2879
alena.clark@unco.edu

Local Resources:
North Colorado Medical Center Breastfeeding Clinic and Support Groups
970-392-2229
Women, Infants and Children (WIC) Breastfeeding Support
970-395-1113
McKee Family Birthing Center
970-203-2324

Online Resources:
Colorado Breastfeeding Coalition
Cobfc.org
La Leche League of Colorado and Wyoming
LLLcoloradowyoming.org

UNC Supports Breastfeeding
University of Northern Colorado

LACTATION STATIONS

Colorado currently has two laws to support breastfeeding individuals:


The Colorado Workplace Accommodations for Nursing Mothers (2008) law requires employers to provide adequate break time for an employee to express breast milk for her nursing child for up to two years after the child’s birth. It also requires an employer to provide a private place for employees to express breast milk, other than a bathroom stall.

Supported by the Women’s Resource Center and the Nutrition and Dietetics Program
UNC’s Support and Resources for Breastfeeding

Lactation Stations
As a student, faculty or staff member at the University of Northern Colorado, you will be glad to know that there are many options to support your decision to breastfeed your child when you return to work or school, including three Lactation Stations on campus.

Lactation Stations are found in three locations on campus:

- **Women’s Resource Center Lactation Station**
  - Scott-Wilcoxon Hall
  - Monday–Friday: 8 a.m. to 5 p.m.

- **University Center Lactation Station**
  - 3rd floor, behind the Panorama Room
  - Normal hours:
    - Monday–Friday: 7:00 a.m. to midnight
  - Summer hours:
    - Monday–Friday: 7:00 a.m. to 9:00 p.m.
    - Saturday: 8:00 a.m. to 9:00 p.m.
    - Sunday: 8:00 a.m. to 5:00 p.m.

- **Office of Student Rights and Responsibilities**
  - Decker Hall, 2nd Floor, Room #280
  - Monday–Friday: 9 a.m. to 5 p.m.

For alternative accessibility options for individuals with disabilities in the Decker Hall location, please contact Decker Hall front desk at 970-351-2001.

Each station offers a quiet location with a chair, table and privacy screen and both are available on a first-come, first-serve basis.

The Women’s Resource Center Lactation Station also has a hospital-grade multi-user breast pump available for use, and attachments can be purchased through Medela’s site at www.medelabreastfeedingus.com/products/category/lactina.

Privacy Screens:
Interested in creating your own space in your cubicle or office area for expressing breast milk? Contact Alena Clark at alena.clark@unco.edu or 970-351-2879 to check out a privacy screen. You can also find the Screen Rental Policy at unco.edu/wrc/Breastfeeding.html. Screens are free and can be checked-out for any length of time.

Importance of Breastfeeding:
There are many research-based benefits to breastfeeding your child:

- Nutrient dense, easy-to-digest nutrients for your child.
- Increased immunity from various illnesses and diseases and lowered risks of diseases for your child and for you.
- Breast milk is always available for the child and can help save money.
- Nurtures bonding and a sense of well-being for both child and you.

Lactation Stations are supported by the Women’s Resource Center and the Nutrition and Dietetics Program.

Women’s Resource Center
Scott-Wilcoxon Hall, Campus Box 97
Greeley, CO 80639
970-351-1492 | unco.edu/wrc

Nutrition & Dietetics Program
Gunter Hall, Campus Box 93
Greeley, CO 80631
970-351-2879 | unco.edu/nhs/dietetics