

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



The Need:

A need for a private space to breastfeed/chestfeed or express milk 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/chestfeeding/lactating or expressing milk. Alena is a Certified Lactation Counselor and lactation support is an area of her clinical practice and current research. Alena approached the Center for Women's and Gender Equity 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 Center for Women's and Gender Equity. The Lactation Station debuted in August 2011 during the Center for Women's and Gender Equity's Open House event. The Lactation Station serves students, faculty and staff who choose to continue to breastfeed/chestfeed after returning to school or work. The space is available for breastfeeding/chestfeeding or milk 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 pump on while expressing milk)
- Privacy screen (preferred if the area is in a common space)
- Place to wash and dry hands and pump pieces
- Electrical outlet to plug in pump

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 or semi-private.

Q. Will pumps be provided in Lactation Stations?

A. No. The newly acquired stations will not provide any pumps. Lactation Stations will require the individual to bring a pump.

Q: Who will be responsible for the Lactation Station and maintenance?

A: Someone in your department or program will be responsible for letting the individual 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 individuals 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 individual may 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/chestfeeding/lactating and need an appropriate place to pump. Breastfeeding/chestfeeding and being a student or working may add challenges and Lactation Stations assist in alleviating those challenges.

For more information regarding the Lactation Station, call the Center for Women's and Gender Equity at 351-1492