



# Breastfeeding-Friendly Worksites

## Examples & Program Suggestions

### Nebraska Department of Health & Human Services

Location: State Office Building, Lincoln, NE

Size/Type: Large Business/Government

#### Program Highlights:

- 2 permanent Lactation Rooms (3 private stations in each room) established in 2006 and 2008, one with a keyless entry
- Agency Policy in Support of Nursing Employees
- Monthly Mother's Group Meeting
- Annual Open House, publicized to all State Employees
- Program communicated via email, brochures, and word-of-mouth



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### Central District Health Department

Location: WIC Department, CDHD, Grand Island NE

Size/Type: Public Health Office/ WIC Program/Tri-County Government

#### Program Highlights:

- Breastfeeding Mothers Lounge, established in February 2012, offers permanent private lactation room for breastfeeding mothers visiting the Health Department for services
- Private station for pumping for employees and customers
- Lounge also used for education regarding use of breastfeeding pumps for WIC Program
- Agency policy for breastfeeding staff and agency orientation regarding use of Lounge
- Affirmation Journal for moms to write messages to other moms using the Lounge

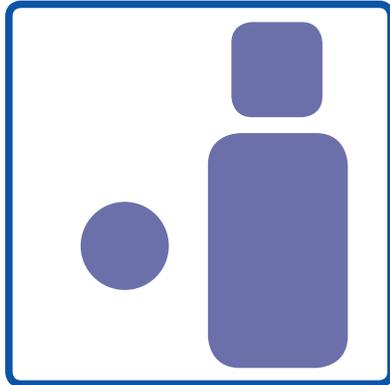
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# Room Layout Options

## Single Use Room

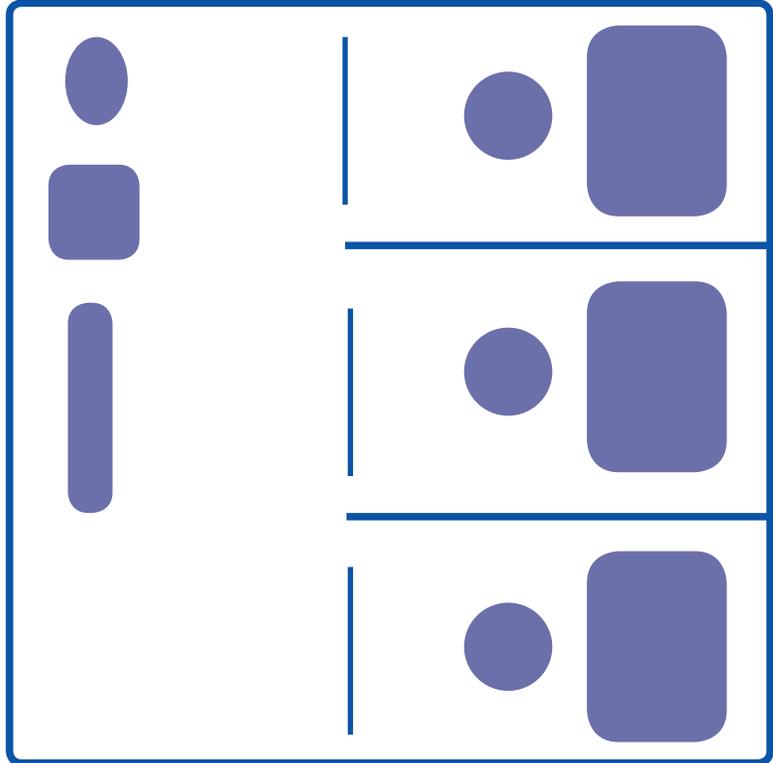
4' x 5'



The room locks from the inside, has a table, chair and mini-fridge.

## Multi-Use Room

10' x 10'



Each station is 3' x 5' with a table, chair and bulletin board. The common area has a fridge, sink (if possible), white board and a bookcase. The room is always locked (keyed or keyless entry) and each station is private with a pull-across curtain or partition.

# Program Options

<b>Allocating Space:</b>	Use unused existing office space or other rooms (storage area/closet), section off a small corner of a room, walled-off lounge adjacent (but not "in") the bathroom.
<b>Breast Pump Equipment:</b>	Hospital-Grade/Multi-User Pump (~ \$1500), Hospital Grade Pump Rental (~\$50-80 per month), Single User Pump (~\$250), Milk Collection Kit (\$30-55 per employee). Employer may choose to provide pump or can leave that to the employee's responsibility.
<b>Business Stakeholders:</b>	Human Resource Specialists, Wellness Coordinator, Nurse, Facilities/Building Management, Current/ Previous Breastfeeding Employees, Financial Advisors, Public Relations, Supervisors.
<b>Cleaning the Room:</b>	Most lactation room policies state that individual users take responsibility for keeping the room clean. Employer generally provides cleaning supplies (paper products and spray) and waste management.
<b>Communications:</b>	Email, website, open house, and an established lactation support policy are effective communication tools to share the information about the program across the company to increase acceptability.
<b>Milk Storage:</b>	Human milk can be safely stored in a refrigerator or a personal cooler. Employer may choose to provide storage or can leave that to the employee's responsibility.
<b>Room Amenities:</b>	Simple amenities (better described in the Lactation Room Option Table) can be simple or elaborate. Making the room comfortable and welcoming are important for effective milk expression.

# Lactation Room Suggestions

Basic		Advanced		State of the Art
Clean room		Clean room		Clean room
Comfortable Chair		Comfortable Chair that's wipeable, with high back, and arms		Comfortable Chair that's wipeable, with high back, arms and footstool
Disinfectant wipes/spray and paper towels		Disinfectant wipes/spray and paper towels		Disinfectant wipes/spray and paper towels
Electrical Outlet (110v)		Electrical Outlet (110v)		Electrical Outlet (110v)
Employee brings her own pump		Employer provides hospital-grade multi-user electric breast pump that is rented or purchased		Employer pays for or provides a portable electric breast pump or provides a hospital-grade multi-user electric breast pump
Employee brings her own attachment kit if hospital grade pump is used		Employer covers the cost of attachment kits for hospital grade pump		Employer covers the cost of attachment kits for hospital grade pump and provides pumps/attachment kit to spouses of male employees
Employee stores milk in a public area refrigerator or personal cooler		Employer provides personal coolers for storing milk		Employer provides a small refrigerator within the room for storing milk
Room located near a source of hot running water and paper supplies		Room has a sink with hot water and paper supplies		Room has a sink with hot water and paper supplies
Room locks from the inside		Room locks from the inside and has a keyless entry		Room locks from the inside and has a keyless entry
Sign-up sheet for scheduling time		Sign-up sheet for scheduling time		Sign-up sheet for scheduling time
Table or flat surface to hold the breast pump		Table or flat surface to hold the breast pump		Table or flat surface to hold the breast pump
Waste basket		Waste basket		Waste basket
		Art/baby pictures/mirror		Art/baby pictures/mirror
		Bulletin board for posting photos and notes		Bulletin board for posting photos and notes
		Clock		Clock
		Door Signage		Door Signage
		Educational resources		Educational resources and parenting magazines
		Host regular support/mothers group meetings		Computer terminal
		Worksite policy in support of employees that breastfeed		Host regular support group meetings and provide electronic options to stay connected
				Music player/relaxing music
				Telephone
				Worksite policy in support of employees that breastfeed



## Box Butte General Hospital & Clinics

Location: Alliance, NE  
Size/Type: Large Hospital

### Program Highlights:

- Lactation Room for breastfeeding mothers who are employees of BBGH and for patients or those visiting at Box Butte General Hospital
- Room is equipped with a pump. Mothers must bring their own tubing
- There is a refrigerator to store breast milk
- Weekly Breastfeeding Support Group with support of two lactation counselors

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*For more information on establishing a breastfeeding friendly worksite in the Panhandle region, please contact Panhandle Worksite Wellness Council coordinators, Jessica Davies at (308) 487-3600 Ext. 101 or Martha Stricker at (308) 630-1559.*

## Greater Omaha Chamber of Commerce

Location: Omaha, NE  
Size/Type: Small business/non-profit

### Program Highlights:

- Transformed the “phone room” into a lactation suite for employees
- Nearby access to sink to clean pump supplies
- With 37% of the Chamber’s workforce female of child-bearing age, this support is recognized as a tool for employee recruitment and retention

**Program Contact:** Laurie Pieper, [lpieper@omahachamber.org](mailto:lpieper@omahachamber.org), (402) 978-7955

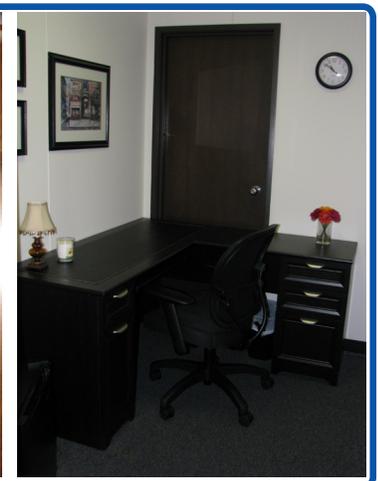


## Omaha UNL Extension Office

Location: Omaha, NE  
Size/Type: Small business/academic

### Program Highlights:

- 11 of 39 women are of child bearing age
- This is a public/private space, used on a regular basis by an internal staff person and by guests in our office that are attending meetings or educational programs
- Water source is nearby
- Testimonial: It has been great to have a comfortable and private space to pump at work. The mother’s room is a bit away from the offices and I feel like that offers me more privacy. It has helped me to continue breastfeeding for 10 months and we’re still going strong. I feel like having the mother’s room available at work also shows that my employer supports my choice to breastfeed, which is really important to me! ~ Audra Losey, RD



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*Developed collaboratively by: Nebraska Department of Health and Human Services, Nebraska Breastfeeding Coalition, Nebraska Women’s Health Advisory Council, and MilkWorks, with special thanks to the contributing businesses.*