

Purdue University Lactation Support Program Employee Responsibilities and Resources



Can I return to work and breastfeed?

Yes! You can return to work and continue to breastfeed your child! The longer you breastfeed, the healthier it is for you and your baby.

Where can I express milk when I return to work?

In accordance with the Patient Protection and Affordable care Act of 2010, Purdue University continues to offer the lactation support program for breastfeeding women. Purdue University provides lactation spaces around campus for employees who need to express milk during their work hours. Due to building space, some spaces are multiuse and must be scheduled for utilization, but several lactation spaces are designated and permanent. A complete list of the current locations can be found online at www.purdue.edu/familyfriendly/lactation

How do I let my supervisor know I want to express milk when I return to work?

All supervisors and managers have been informed of the lactation spaces available to employees. 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. It is suggested that you speak with your supervisor a few weeks prior to returning to work in order to establish space and your schedule. If you need assistance speaking with your supervisor, please contact Human Resources - Worksite Health & Child Care Specialist at 49-60312.

How do I use the lactation spaces?

You or your supervisor can contact any lactation space contact person at any time. That person will assist in making arrangements for you to utilize the space privately. When more than one breastfeeding employee needs to use the designated lactation room, the contact person and employees should negotiate milk expression times that are most convenient or best meet their needs.

What if my building does not have a lactation space?

If your building does not have a lactation space, you may be able to find a space in a nearby building and contact the space contact to make arrangements. If you need assistance with this, please contact Human Resources - Worksite Health & Child Care Specialist at 49-60312.

Are there other special instructions for using the lactation spaces?

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.

Does Purdue University provide breast pumps or supplies?

Purdue University does not provide breast pumps or supplies to employees at this time. The Purdue medical plans for 2015 cover breast pumps and supplies under the Women's Health Provision at 100%, not subject to deductible. It is limited to the purchase or rental of one breast pump per birth as ordered or prescribed by a physician. Rental is allowed only up to the purchase price, and includes related supplies.

How do I store my milk?

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.

Do I get additional break times to express milk?

Purdue University is not required to provide additional paid break time to breastfeeding employees. In most situations, an employee can express her milk during normal meal and break times. However, additional time may be needed, and supervisors are encouraged to grant reasonable flex scheduling to accommodate the need.

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
 - **Healthy Mothers / Healthy Babies Coalition**
www.hmhb.org/publications.html
Offers informational booklets for working mothers available in English and Spanish
 - **LaLeche 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
 - **Choose My Plate.Gov**
www.choosemyplate.gov/supertracker-tools/daily-food-plans/moms.html
A personalized daily food plan show foods and amounts right for you based on your stage of pregnancy
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Local and State resources for mothers

- **Kathryn Weil Center for Education**
www.franciscanalliance.org/hospitals/lafayetteeast/about/kathryn-weil-center/pages/expectant-parent-education.aspx (765) 449-5133
Offers parent education classes for expectant and current parents.
- **WIC, Indiana State Department of Health**
www.in.gov/isdh/24775.htm
Breastfeeding information and list of resources in Indiana
- **Indiana Perinatal Network**
www.indianaperinatal.org (866) 338-0825
Provides resources dedicated to improving the health of mothers and babies in Indiana
- **March of Dimes – Indiana Chapter**
www.marchofdimes.org/Indiana
Offers breastfeeding information and link to regional offices