



## PRIVACY FLEXIBILITY EDUCATION SUPPORT



### PRIVACY

Privacy for milk expression. A private room with lock or an on-site designated room, other than a bathroom, with an electrical outlet.

### FLEXIBILITY

Women need to express milk every three hours to maintain production, meaning 2-3 breaks during an 8-hour workday. Each expression takes approximately 15-20 minutes.

## PRIVACY PLEASE MOTHER AT WORK

For more information on the Lactation Support Program, visit <https://www.purdue.edu/hr/Benefits/WorkLife/Lactation/SupportResources.php>.

### EDUCATION

Information and resources to support parents in balancing their job responsibilities along with the requirements for breastfeeding.

### SUPPORT

A positive, accepting attitude from upper management, supervisors and coworkers helps breastfeeding employees feel confident in their ability to continue working while breastfeeding.