



Tri-County Health Department **Lactation Support Guidelines**

SUMMARY

TCHD promotes an environment where breastfeeding is supported and provisions are made for mothers who choose to continue to offer breast milk to their infant after returning to work.

GUIDELINES

- 1) Flexible Breaks to Accommodate Breastfeeding or Milk Expression
 - Employees are allowed reasonable break time during work hours to express breast milk for their children. Supervisors shall work with employees on a case by case basis to establish a schedule.
- 2) Space to Accommodate Breastfeeding or Milk Expression
 - TCHD shall make reasonable efforts to provide a lactation room close to the work area where an employee can express breast milk in privacy.
- 3) Refrigerator
 - Employees may use their own cooler packs to store expressed breast milk and need to store milk in a lunch bag or opaque bag in an office refrigerator/freezer. Employees need to provide their own containers. Bottles of expressed breast milk need to be clearly labeled with name and date.
- 4) Electric Breast Pump Loan
 - Employees will have the option of using a TCHD multiple-user, hospital-grade electric pump. Employees must provide their own sterile collection kit, available at a reduced price through TCHD. Employees who desire to use an employee pump must meet with Heidi Williams at the Belleview office for instruction and to sign a contract prior to using the pump.
- 5) Atmosphere of Tolerance
 - Staff will provide an atmosphere of support for breastfeeding employees.