

SAMPLE

Workplace Breastfeeding Support Policy for

Employer:

Date:

1. This workplace breastfeeding support policy is being initiated to support employees in providing their child with the healthiest food nature has to offer, their own mother's breast milk.
2. Breastfeeding employees shall be allowed a flexible schedule for nursing or pumping. The time allowed will not exceed the normal time allowed for lunch and breaks. For time above and beyond normal lunch and breaks, annual leave will be used or the employee can come in earlier, leave later or take a shorter lunch.
3. A private room (not a toilet stall or restroom) will be available for employees to breastfeed their child or express milk using a breast pump. The room will have accessible electrical outlets for an electric breast pump and a sink close by for hand washing and rinsing out breast pump parts.
4. The breastfeeding promotion area/room will contain a comfortable chair with arms, a small low table, and a nursing stool.
5. Storing breastmilk:
 - a. A refrigerator will be available for safe storage of breastmilk. Breastfeeding women will provide their own containers and milk stored in the refrigerator will be clearly labeled with name and date.

— or —
 - b. If a refrigerator is not available, mothers can bring in a small ice chest for storing breastmilk.
6. All employees will be informed of this policy.