

Sample

Workplace Breastfeeding Policy

Employer: _____

Date: _____

Our workplace makes accommodations to support breastfeeding employees.

1. All lactating employees are allowed reasonable breaks to express milk or nurse their children.
2. All lactating employees have access to a private space for expressing milk or nursing. The space is not a bathroom. The space is lockable and shielded from view. The space has an electrical outlet. The lactation support (a place to pump and break time) is verbally communicated to all current and future employees.
3. A working sink near to the breastfeeding location is available where mothers can clean pumping equipment and wash hands.
4. A written policy to support workplace lactation is provided to employees.
5. There is access to a refrigerator for milk storage.
6. Lactating employees are offered a flexible return to work policy (part-time, flex-time, job sharing, telecommunicating).
7. The lactation space includes:
 - comfortable chair
 - small table or shelf
 - lactation support information (e.g. ZipMilk.org)