



# MOTHER-FRIENDLY WORKPLACE



Family friendly. Worker friendly. Business friendly.



Congratulations on the birth of your new child and your decision to breastfeed. Multiple studies show that breastfed babies and their mothers are healthier and have fewer health problems later in life. Breastfeeding mothers will also miss fewer days of work.

Texas Tech University wants to create an environment that both encourages and supports your efforts in continuing to breastfeed while you are on campus and away from your child.

## **NURSING AT WORK**

Breastfeeding is the healthiest choice for your baby, resulting in fewer illnesses, infections and certain types of skin irritations. It also helps you recover from pregnancy and may reduce your risk of breast cancer.

[Texas Tech Operating Policy 70.46](#) provides guidance and procedures for break times for nursing mothers.

## **NURSING ROOMS**

Texas Tech has renovated five rooms across campus to create a safe, quiet and private place to express milk. Rooms are available to all nursing mothers who are Texas Tech employees or students.

Each room is outfitted with specific items to facilitate the expression of milk by nursing mothers, including:

- Medela Symphony multi-user hospital-grade breast pump
- Comfortable chair
- Sink with hot and cold running water
- Microwave

You will need to bring your own breast milk collection kit, including your personal fit breast shields and connectors, valves, bottles and lids, tubing, protective membrane and membrane caps. You will also need your personal insulated carrier to keep your breast milk cold.

You can get a kit at either UMC or Covenant when you deliver. Be sure to ask for a Medela hospital grade pump kit.

It is also recommended that you bring a photo of your child as well as a receiving blanket or other small, soft item that will remind you of your child. These items will help you relax and will aid in the expression of milk.

## **RESERVE A ROOM**

If you would like to reserve a time to use the nursing room, you must first complete a short

training video on our website covering how to use the Medela breast pump.

You can then contact Texas Tech Human Resources to obtain an access code and a room schedule.

## LOCATIONS

- Student Union Building, Room 205
- Holden Hall, Room 025B
- English/Philosophy, Room 100
- Wellness Center, Room 211AA
- Doak Conference Center, Room 159A

For a full list of resources and rooms available to you, please visit the [Title IX page for Pregnancy and Parenting](#).

## COMMENTS OR SUGGESTIONS

The Mother-Friendly Workplace program is designed to create a supportive atmosphere

for nursing mothers on campus. If you have any comments or suggestions or ways for us to improve, please leave your feedback on the [HR Mother-Friendly Workplace page](#).

## CAMPUS & COMMUNITY PARTNERS

- UMC Breastfeeding and Childbirth Education  
806.775.8864
- Covenant Lactation Services  
806.725.6403
- South Plains Medical Supply  
806.795.9118
- Student Wellness Center  
806.743.2848

Find more breastfeeding support services at [HR Mother-Friendly Workplace page](#).

