

## 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 has a specific Operating Policy (OP) allowing nursing mothers to take time to express milk. The OP (70.46) grants two breaks per day of up to 20 minutes, one in the first four hours of work and one in the last four hours.

## 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 [www.depts.ttu.edu/hr/benefits/motherfriendly](http://www.depts.ttu.edu/hr/benefits/motherfriendly).

## 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 at [www.depts.ttu.edu/hr/benefits/motherfriendly](http://www.depts.ttu.edu/hr/benefits/motherfriendly).



# MOTHER-FRIENDLY WORKPLACE



**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.



*Family friendly. Worker friendly. Business friendly.*

### Human Resources

Doak Conference Center  
806.742.3650

[www.depts.ttu.edu/hr/benefits/motherfriendly](http://www.depts.ttu.edu/hr/benefits/motherfriendly)

## 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**
- ▶ **Clock radio with iPod docking station**

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. If you are unable to obtain a kit from the hospital, you can purchase one at South Plains Medical Supply with a 10% discount with a Texas Tech ID.

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

