

For information regarding lactation support services, contact:

GEORGIA DEPARTMENT OF ADMINISTRATIVE SERVICES

lactation.twintowers@doas.ga.gov
for a room orientation and access information.

Your **health, happiness** and **productivity** are important and valued.

SAMPLE PUMPING SCHEDULE AT WORK

TRADITIONAL 8-HOUR WORK PERIOD

8:00 a.m.	Begin work
9:45-10:00 a.m.	Use break to express milk
12:00 p.m.	Take allowed lunch period to express milk
2:30-2:45 p.m.	Use break to express milk
5:00 p.m.	Leave work

Only water allowed in lactation room – no food.

REFERENCES

Proper Handling and Storage of Human Milk. (2016, June 09). Retrieved July 18, 2016, from https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

U.S. Food and Drug Administration. (2013, September 04). Retrieved July 18, 2016, from <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/ucm061950.htm>

van Veldhuizen-Staas, C. G. (2007). **Overabundant milk supply: an alternative way to intervene by full drainage and block feeding.** *International breastfeeding journal*, 2(1), 1.

Weimer, J. P. (2001). **The economic benefits of breastfeeding: A review and analysis** (No. 33813). United States Department of Agriculture, Economic Research Service.

World Health Organization. (2009). **Infant and young child feeding: model chapter for textbooks for medical students and allied health professionals.**

LACTATION SUPPORT GUIDE



Providing workplace Lactation Room access for breastfeeding mothers for healthy child development

What can I do during my pregnancy to prepare for breastfeeding after returning to work?

Speak to your supervisor about your decision to pump at work, and your need for pumping breaks.

Plan your breastfeeding schedule prior to taking leave. You are encouraged to block this time on your calendar before you take leave to maintain sufficient milk supply for your baby after you return.

What can I do when I return to work to help ease the transition?

Pump as often as possible at work and communicate with your employer about what is or isn't working for you. Every time your breasts feel full, your milk supply slows down. The more times each day you empty your breasts, the more milk you produce. Lactation specialists suggest pumping every three hours to maintain and establish your milk supply.

Mothers are encouraged to pump about three to four times during a full work day.

Each pumping session can take approximately 15-20 minutes. Consider practicing relaxation techniques by using a heater to warm your body and bringing your baby's picture to look at while you pump. This may help stimulate milk ejection.



GENERAL INFORMATION

The Georgia Building Authority provides a Lactation Room in the James H. "Sloppy" Floyd building (Twin Towers) in support of breastfeeding mothers.

A copy of this brochure can be obtained on the Department of Administrative Services website at www.doas.ga.gov.

The Twin Towers Lactation Room is a card-controlled access, state-of-the-art lactation room for mothers to express milk for their babies. The room is located on the Cafeteria Level of the building on the West Tower side, directly across the hall from the stairwell.

The lactation room is available for use by all state employees, contractors, interns and guests.

Participation agreements for employees to gain card reader access to the Lactation Room may be found on the DOAS website.

For access and additional resources, new users and guests may contact the Georgia Department of Administrative Services at the email below:

lactation.twintowers@doas.ga.gov

HELPFUL TIPS

Helpful tips, breastfeeding information and resources may be located at <http://med.stanford.edu/newborns/professional-education/breastfeeding.html>

The US Department of Health and Human Services Office on Women's Health website also includes a breastfeeding section with information, tips and suggestions to help you successfully breastfeed. www.womenshealth.gov/breastfeeding

COMMUNITY RESOURCES

www.ZipMilk.org

ZipMilk is a site that provides listings for breastfeeding resources sorted by ZIP Code. It is designed for use by consumers interested in help or support for breastfeeding. These resources are not a substitute for medical advice.

The State of Georgia proudly supports working mothers in their efforts to continue breastfeeding upon return to work and encourages use of the Lactation Room. Be proud of your efforts knowing that every ounce of milk is important for your baby's health.



EXPECTANT MOTHERS are encouraged to contact their insurance provider prior to maternity leave for access to additional lactation supplies.