

# Breastfeeding Guidelines at Delano Public Schools

In recognition of the well documented health advantages of breastfeeding for infants and mothers, Delano Public Schools provides a supportive environment to enable breastfeeding employees to express their milk during work hours. These guidelines are accessible to employees through employee forms on the Delano Public Schools website or upon request from Human Resources or the District Nurse.

Delano Public Schools subscribes to the following guidelines:

## **Milk Expression Breaks**

Breastfeeding employees are allowed to breastfeed or express milk during work hours using their normal breaks and meal times. For time that may be needed beyond the usual break times, employees should contact their supervisor.

## **A Place to Express Milk**

A private room (not a toilet stall or restroom) shall be available for employees to breastfeed or express milk. The room will be private and sanitary, located near a sink with running water for washing hands and rinsing out breast pump parts, and have an electrical outlet. If employees prefer, they may also breastfeed or express milk in their own private offices, or in other comfortable locations agreed upon in consultation with the employee's supervisor. Expressed milk can be stored in fridges available at each building. Any milk stored in a public fridge should be labeled.

## **Communication**

Employees who wish to express milk during the work period shall keep supervisors informed of their needs so that appropriate accommodations can be made to satisfy the needs of both the employee and the District.

## **Maintenance of Milk Expression Areas**

Breastfeeding employees are responsible for keeping milk expression areas clean for the next user. This responsibility extends to both designated milk expression areas, as well as other areas where expressing milk may occur.

## **Scheduling**

When more than one breastfeeding employee needs to use the designated lactation room, employees can use the sign-in log provided in the room to communicate with other staff members to accommodate most convenient times to meet their needs.