

SAMPLE

Workplace Breastfeeding Policy for

Employer: _____ **Date:** _____

This workplace breastfeeding policy supports employees in providing their child with the healthiest food nature has to offer, their own mother's breast milk.

1. Employer allows creative use of normal breaks and earned time/leave for nursing and pumping. Examples of creative use include: taking shorter meal breaks, using break times, coming in to work earlier or leaving work later, etc.
2. A clean, private space (not a toilet stall or restroom) will be available for pumping/nursing that includes:
 - a. accessible electrical outlets for an electric breast pump,
 - b. comfortable chair,
 - c. small table,
 - d. and enough space available to be adequate for the number of breastfeeding employees.
3. A clean water source for washing hands and rinsing out any breast pump equipment is available close to the private space.
4. A place for storing breast milk: a refrigerator or employee can bring in a small cooler or thermos.
5. All employees will be informed of this policy. This policy is a part of the employer's written policies.