Agencies that have implemented a Nursing Mothers Program

Lactation Program

- Provides guidelines on hygiene pumps use and spill cleanup
- Hygienic Survey and Custodial Service

Breast pump used

- Medela Classic institutional grade pumps
- Users buy attachments at local lactation supply store, e.g., Holy Cross Hospital in Silver Spring, MD 301-754-8662

Breastfeeding helps reduce:

- Hospital stays for birth
- Cost of formula and bottle feeds
- Requirement for medical interventions during pregnancy
- Infant mortality
  Education, 16(1), 10-15.

Why Breastfeed?

Benefits of Breastfeeding

- Nutritional value
- Immune system support
- Emotional bonding
- Social benefits

Lactation Program

- Agencies that have implemented a Nursing Mothers Program

Lactation Program Requirements

- Provide key card contacts for access to lactation rooms
- Provide information on how to use the lactation rooms
- Run monthly meetings with lactation consultant
- Assign a Liaison between users and Lactation Program Manager

Lactation Program Management

- Quarterly survey of population of women to gauge needs
- Bring in new lactation rooms per building as needs change
- Some rooms have no pumps. Make multi-year plan to upgrade existing lactation rooms with pumps
- Interface with SuperMoms and interview future/now rooms users to understand needs and issues
- Arrange for lactation consultant mom education visits to each building on a rotating basis monthly, Local Hospitals generally supportive of a workplace lactation education program, e.g., Holy Cross Hospital Lactation Support, Silver Spring, MD

SuperMom Index

- Required to be a lactation room managing user or previous user
- Maintain sighn in sheet for user metrics
- Maintain cleaning and pump supplies in the lactation room
- Provide key card contact for access to lactation rooms
- Provide information on how to use the lactation rooms

Lactation Room Requirements

- Provide guidelines on hygiene pumps use and spill cleanup
- Hygienic Survey and Custodial Service

Breastfeeding results in:

- Less sick days
- Less cost
- More productivity

Breast milk contains:

- Nutrients
- Protective benefits
- Antibiotics

Breastfeeding protects:

- Baby's lungs and aids in the development of asthma
- Baby's vision
- Baby against vision loss
- Baby against vision

Breastfed babies are:

- Healthier overall
- Require fewer doctor visits
- More productive

Breastfeeding promotes:

- Women's health
- Women's autonomy
- Women's rights

Right to Breastfeed

- Ensures a right to breastfeed in public
- Even when practiced discreetly, raised eyebrows and disapproving glances still meet with those who dare to feed their child in public

NASA GSFC Lactation Program

- Office Of Human Capital Management
  - Lactation Program Manager
    - SuperMom per Building
      - Users per Building

Location of rooms at GSFC

- Basis for Location Priorities
  - User needs
  - Distance from work
  - Onsite Lactation Rooms are open in Buildings 1, 5, 6, 7, 8, 11, 17, 18, 23, 33, 34 and 97 (the Health Unit) on the Greenbelt campus and in Building 7-106 (Health Unit) at Wallops

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- For further information
  - Please contact Florence Tan at florence.w.tan@nasa.gov
  - www.medela.com
  - For copies of user guidelines and additional information on lactation

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NASA GSFC lactation program website:

http://ohcm.gsfc.nasa.gov/family/lactation/home.htm

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Spring, MD 301-754-8662

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