

# MechSE WELLness

## C09 New Mother Support

**Intent: Provide accommodations and policies that encourage and support breastfeeding.**

New mothers represent a significant segment of our community, and postpartum care is essential to the health of breastfeeding women and their babies. The World Health Organization recommends exclusively breastfeeding during an infant's first six months of life, as it reduces infections, type 2 diabetes, and childhood obesity.

**Impact: By supporting breastfeeding, we reduce risk for short- and long-term health issues in both mothers and children, which benefits families and us all.**

### **What are the requirements to earn this credit?**

1. Offer workplace breastfeeding support via paid break times, subsidy of at least 50% to purchase portable breast pump, access to sink (not located in restroom), and access to refrigerator to store milk.
2. Provide one lactation space that is separate from a restroom and provides work surface, comfortable chair, user-operated lock, room scheduling, dedicated storage for pumping supplies. Environment should be calm and comfortable.
3. Promote breastfeeding education and support via free educational programs and counseling to support eligible employees transitioning from leave to work.

### **How is MechSE accomplishing these requirements?**

MechSE has dedicated space that can be purposed for a lactation room that meets all requirements above. Employee policies provided by the University and the State of Illinois encourage regular break periods, support mothers with free counseling, education, and programs, and cover or subsidize at least 50% certain expenses. Please speak with human resources for more information on available amenities.



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