

Additional Resources

St. Louis/Missouri Breastfeeding Coalition
www.stlbreastfeedingcoalition.org

Illinois Department of Human Services
www.dhs.state.il.us

Missouri Department of Health & Senior Services
www.health.mo.gov

Illinois La Leche League
www.lli.org/web/illinois.html

Missouri La Leche League
www.lli.org/web/missouri.html

Illinois WIC
www.dhs.state.il.us/page.aspx?item=30513

Missouri WIC
www.health.mo.gov/living/families/wic/index.php

Washington University School of Medicine & Barnes-Jewish Hospital Resources

Human Resources

Washington University School of Medicine
4480 Clayton Avenue,
Suite 1101
314-362-7196

Barnes-Jewish
4353 Clayton Avenue,
Suite 150
314-362-0700

Campus Safety

Washington University School of Medicine
314-362-4357

Barnes-Jewish
314-747-7000, opt. 4

Facilities Management

Washington University School of Medicine
314-362-3100

Barnes-Jewish
314-747-7000, opt. 2

Washington University Facilities Management

The Washington University School of Medicine Facilities Management Department provides a range of services for the medical campus, including planning, capital projects, transportation & parking, campus safety, custodial services, operations and maintenance for facilities, grounds and utilities in a customer-focused, efficient and sustainable manner. It maintains 50 university buildings and provides service to over 5.5 million gross square feet of space.

Our Mission

To provide responsible stewardship for the long term preservation and growth of Washington University School of Medicine's physical assets while working to ensure a safe, welcoming and high-quality environment for students, faculty, staff and visitors in support of the School's mission of clinical care, research and education.

Our Core Values

PRIDE in Service, Do the Right Thing
Professionalism • Respect • Integrity • Dedication • Excellence

For Additional Information

Please visit our website at:
facilities.med.wustl.edu/lactation-rooms



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Lactation Room Program



Promoting Healthy Families

BARNES JEWISH
Hospital
BJC HealthCare

Washington
University in St. Louis
SCHOOL OF MEDICINE

NATIONAL LEADERS IN MEDICINE

Our Objective

Washington University School of Medicine and Barnes-Jewish Hospital, through grant support from the Diversity and Inclusion Advisory Committee and the School of Medicine's Dean's support, launched the Lactation Program in 2014. The program promotes healthy families with a campus-wide initiative to protect and support student, faculty, staff, trainee and visitor mothers who breastfeed.

Why?

- To provide awareness to the medical campus on the importance of breastfeeding while working collaboratively to reduce barriers to breastfeeding for employees, trainees and students.
- To reduce obstacles for new mothers and to increase infant wellness.
- To increase awareness of both the program and the value of new mothers in the workplace with management at Barnes-Jewish and Washington University School of Medicine.

“[Regarding] the Medical School’s initiative to provide more support for breastfeeding...”

I want to thank you and commend your efforts. I believe lactation rooms would certainly make it easier for women to continue breastfeeding for a longer period of time, which has well-documented health benefits...Though these rooms are clearly just for the female population...men will also benefit from a family-friendly and supportive work environment. It certainly fits with the mission of patient care, research and education...and will reflect positively on the institution...”

Julie Prior, Research Lab Supervisor, BRIGHT Institute and Molecular Imaging Center 11/22/13

Benefits of Breastfeeding

Breastfeeding is one of the most natural and beneficial activities for mother and baby. It is a choice many mothers are making today, as it results in significant health, economic and environmental benefits for the mother and child.

Breast milk is an infant’s normal food and contains numerous nutrients that are necessary to help babies grow into strong and healthy toddlers. According to the National Institutes of Health, the nutrients in breast milk can also help protect your infant against some common childhood illnesses and infection.

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of a baby’s life, followed by breastfeeding in combination with the introduction of complementary foods until at least twelve months of age (American Academy of Pediatrics, Policy Statement: “Breastfeeding and the Use of Human Milk”, 2012).

Missouri Breastfeeding Laws

Yes, you can breast-feed in public. Missouri Revised Statute 191.918 states that a mother, using as much discretion as possible, may breastfeed her child in any public or private location where the mother is otherwise authorized to be.



Our Lactation Rooms

We currently have 37 lactation spaces across the medical campus. Each of the locations provides a private space where nursing mothers are welcome to pump. Rooms are equipped with appropriate signage, a comfortable chair, a small table and an electrical outlet. Most rooms have refrigerators, sinks, pumps and microwaves.

In order to keep the lactation rooms available, it is very important to know how often the rooms are being utilized. Please sign in or, if applicable, use your badge to swipe in each time you use a room. Thank you for your cooperation.

To see a list of rooms and hours of operation, please visit our website at:

facilities.med.wustl.edu/lactation-rooms



Registering for the Program

In 2016, we added improved security and privacy features to many of our rooms. All WUSM-managed, multi-user (non-restroom) lactation rooms will require registration to access them. To register for the program, please fill out the registration form at:

<http://j.mp/23pzF1q>

