

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.llli.org/web/illinois.html

Missouri La Leche League
www.llli.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
4590 Children's Place
St. Louis, MO 63110
314-362-7196

Barnes-Jewish
4353 Clayton Avenue,
Suite 150
St. Louis, MO 63110
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 Operations & Facilities Management

The Washington University School of Medicine Operations & Facilities Management Department provides a range of services for the medical campus including planning, capital projects, parking, campus safety, custodial services, operations and maintenance in a customer-focused, efficient and sustainable manner. It maintains 61 university buildings and provides service to over 8.3 million BGSF.

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/services/lactation-room



Washington University School of Medicine
Michelle Lewis, Planner II
314-362-0214
fmdlactationprogramfeedback@wusm.wustl.edu

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Lactation Room Program



Promoting Healthy Families



NATIONAL LEADERS IN MEDICINE

Our Objective

Washington University School of Medicine and Barnes-Jewish Hospital launched the Lactation Room Program in 2014. The program promotes healthy families with a campus-wide initiative to protect and support student, faculty, staff, trainee and visitor individuals 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 breastfeeding individuals and to increase infant wellness.
- To increase awareness of both the program and the value of breastfeeding individuals 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, Mallinckrodt Institute of Radiology 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 individuals are making today, as it results in significant health, economic and environmental benefits for the individual 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 an individual, 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 over 70 lactation spaces across the medical campus. Each of the locations provides a private space where nursing individuals 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/services/lactation-room/



Registering for the Program

Nearly all WUSM-managed spaces now have access control badge swipes on them. To register for the program, please fill out the registration form at:

facilities.med.wustl.edu/services/lactation-room/



SCAN ME