

FOR HUMAN RESOURCES STAFF: Frequently Asked Questions Breastfeeding Policy Implementation



Should we identify a specific staff member to coordinate/set up a breastfeeding room and help support breastfeeding moms?

Yes, we recommend that your agency identify a “breastfeeding champion(s)” to help implement your new policy. This person should be compassionate towards women who are breastfeeding and willing to become knowledgeable about breast pumps and breastfeeding.

How much time should be allowed for breaks?

A typical break should allow 20-30 minutes to express breast milk, clean, and store the breast pump.

How many breaks are needed each day?

Typically two breaks during working hours are permitted.

What is a comfortable chair?

Any chair with a cushioned seat and back, with or without arms.

How close should the room be to a sink with hot and cold water?

The room should be on the same floor as the sink.

What size should the refrigerator be?

A dorm-sized refrigerator is typically sufficient.

Which breast pump is needed?

A multi-user electric breast pump is recommended. Vendors include Ameda, Hygeia, and Medela.

Where can we find more information on breastfeeding and available resources in South Carolina?

- DHEC Maternal and Child Health: <http://www.scdhec.gov/Health/FamilyPlanning/Breastfeeding>
- South Carolina Breastfeeding Coalition: www.scbreastfeedingcoalition.org