

*The Georgia Department
of Public Health is committed to
supporting breastfeeding
mothers and babies through its
Lactation Support Policy.*



404-657-2566



Did you know?

The Georgia Department of Public Health (DPH) is committed to supporting breastfeeding mothers and babies through its Lactation Support Policy. A copy of this policy can be obtained by contacting DPH Human Resource Office.

As part of this policy, DPH provides lactation stations on the 2nd and 11th floors for mothers to express milk for their babies. These rooms have hospital-grade Medela Symphony electric pumps, private pumping stations, sinks, microwave ovens, refrigerators and educational materials for use. In addition, a certified lactation counselor is available to talk with employees or visitors about any breastfeeding or pumping concerns.

The lactation rooms are available for use to all 2 Peachtree employees, contractors, interns and guests. New users and guests should contact one of the lactation counselors listed below for room access.

Expectant mothers are encouraged to call our DPH lactation specialist prior to maternity leave for helpful tips on managing breastfeeding and returning to work.

**Perinatal Health Director
Office of Family and Community Health
404-657-2465, 11th Floor**

**State WIC Breastfeeding Coordinator
Office of Nutrition and WIC
404-657-4676, 10th floor**

Helpful tips...

BEFORE YOU RETURN TO WORK: Speak to your supervisor about planning your pumping time at work

- DPH encourages new mothers to take advantage of our breastfeeding friendly worksite. Two 15-minute breaks are allotted throughout the day. Use these breaks in conjunction with your lunch time to support a pumping schedule.
- DPH's new policy on lactation support in the workplace requires supervisors and managers to accommodate working mothers with adequate time and privacy for pumping breast milk. Our new state of the art lactation room on Floor 2, 2 Peachtree Street, provides a comfortable location for lactating mothers to use.

Going back to work after having a baby can take a lot of planning. Congratulate yourself on choosing to provide the best nutrition for your baby and the healthiest option for yourself.

Sample Pumping Schedule at Work (times will vary depending on your own schedule)

Traditional 8-hour work period

8:00 a.m.	Begin work
9:45-10:00	Use break to express milk
12:00 noon	Take allowed lunch period to express milk
2:30-2:45	Use break to express milk
5:00 p.m.	Leave work

Be proud of your efforts, knowing that every ounce of your milk is important for your baby's health.

AFTER YOU RETURN TO WORK:

- Remember: Drained breasts make milk faster. Full breasts make milk slower. Every time your breasts feel full, your milk supply slows down. The more times each day you drain your breasts well, the more milk you make. Don't go too long (more than 8 hours, even at night) without breastfeeding or pumping.
- Just because you are pumping during the work day, does not mean you have to give up breastfeeding your baby completely. If you can, breastfeed baby twice in the morning: once when you wake up and again just before you leave the baby. Breastfeed as soon as you see baby after work. If baby seems hungry just before you arrive, suggest the baby be given as little milk as possible.
- Pump as often as you can at work. When home, pumping after breastfeeding can help, too. DPH encourages moms to pump about three times during a full work day. Each pumping session will take about 15-20 minutes. Bring your baby's picture to look at while you pump to help stimulate milk.
- Use a good breast pump. An ineffective pump may not drain your breast well. Plan to purchase a quality breast pump. DPH offers personal pump kits during room orientation to all nursing moms. Contact DPH Worksite Wellness Office at 404-657-2566 for a room orientation and access information. Nursing mothers can also bring their pump to express milk.
 - You can transport your milk in an insulated cooler with a freezer pack
 - Store pumped milk in the refrigerators provided or in your cooler during the work day.
 - Label each container of milk with your name, date, and time pumped
 - You may want to take your pump kit home once a week to sterilize it

Did you know that formula costs \$1,000 to \$2,000 for the first year?