



Lactation Resources¹

Lactation Rooms

Fairfax

- Johnson Center, ground floor ladies room (formal lactation space, separate from the ladies room, all hours the building is open)
- Mason Hall, please see Judy Morton in University Relations, D217 (informal, M-F, 8:30-5:00)
- Commerce Building, please see Janet Walker in HR/Payroll (informal, M-F, 8:30-5:00)

Arlington

- Truland Building, Room 550 or 540, please see Amanda Martin or Mike Giusti in ICAR (informal, M-F, 9:00 a.m. – 10:00 p.m.). Please note, Room 550 can be scheduled in advance by calling 3.1300.
- Founder's Hall – A lactation space will be available when the building opens early next year.

Prince William

- Student Health, 2nd Floor Occoquan,
Monday: 11:00am – 7:00pm
Wednesday, Thursday: 9:00am - 5:00pm

During the posted hours above, check with PW Admin for access when Health Services is not open.

- You may also want to speak with your supervisor regarding using your office, a vacant office, or available space in your department.

Web Resources

“Breast Feeding Your Baby,” Inova Health System

https://my.inova.com/public/healthresearch/content_display_full.cfm?doc_id=P06821

La Leche League International <http://www.llli.org/nb.html>

Womenshealth.gov <http://www.womenshealth.gov/breastfeeding/index.cfm?page=home>

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¹ Please note: The [Patient Protection and Affordable Care Act](#) (PPACA) - informally known as federal health reform- signed into law by President Obama in March 2010, amended the Fair Labor Standards Act (FLSA) making it mandatory for an employer to provide reasonable break time and a private place, other than a bathroom, for nursing mothers to express milk. We are looking for additional space(s) that can be used that will comply with PPACA. Please refer suggestions to worklife@gmu.edu.