



2011 Sonoma County **Mother Baby Friendly Workplace Award**

- ❖ Is your workplace a family-friendly environment that helps parents balance family and work life?
- ❖ Do you feel your company supports efforts to breastfeed?

Nominate Your Workplace!

The Sonoma County Breastfeeding Coalition presents the "Mother Baby Friendly Workplace Award" to companies that support lactation accommodation.

To apply for this award, please complete both sides of this application and submit to:

SONOMA COUNTY BREASTFEEDING COALITION
P.O. BOX 8355
Santa Rosa, CA 95407



Company Name: _____

Address: _____

Contact Person/Title: _____

Phone Number: _____

Email: _____

Questions? Contact Margaret Turano (707) 837-1885 or Karen Clemmer (707) 565-4554.

Accommodations for Breastfeeding in the Workplace

Adapted from the United States Breastfeeding Committee 2003 guidelines

To be completed by business. Check all that apply:

Facilities

Space

- Dedicated, private room for pumping/breastfeeding
- Floating, multipurpose room (space available)
- Restroom
- Other _____
- Electrical outlet in room

Location

- Within a 5-minute walk of employee workstations
- Within a 10- minute walk of employee workstations
- In another building
- Other _____

Pumps

- Multi-user pump provided on site
- Employer provides pump rental
- Employer subsidizes pump rental
- Employer subsidizes pump purchase
- Employee provides own pump

Furnishings

- Use of a dedicated refrigerator
- Use of refrigerator
- Sink in room
- Access to nearby sink
- Table
- Chair

Written Company Policy

Maternity Leave

- Paid, > 12 weeks
- Paid, 12 weeks
- Paid, 6 weeks
- Unpaid, >12 weeks
- Unpaid, 12 weeks
- Unpaid, 6 weeks

Other Sources of Leave

- Telecommuting
- Combined use of accrued vacation & sick leave
- Part-time work
- Job sharing
- Flex-time
- Compressed workweek

Breaks and Other Accommodations

- Two breaks and a lunch period in an 8½-hour day
- Paid breaks for pumping
- Expanded unpaid breaks
- Mother able to bring child to work
- Caregiver brings child to mother for feedings
- On-site child care with accommodation for breastfeeding
- Contract with nearby child care center that accommodates breastfeeding mothers

Workplace Education and Support

- Hire a skilled lactation care provider
- Contract with a skilled lactation care provider
- Provide a list of community resources to employees
- Offer breastfeeding education to partners of employees
- Offer breastfeeding education to employees
- Include protection of breastfeeding in company policies
- Train all employees, supervisors and coworkers on the policies
- Communicate policy to all pregnant employees

Other support:

Completed and submitted by _____ Date _____

Business Name _____