UC encourages a family-friendly work environment

The University of California recognizes the importance and benefits of breastfeeding for both mothers and their infants.

The University provides space for lactation purposes and break periods for employees who are breastfeeding.

UCSB is committed to providing support and information for nursing mothers expressing milk at work.

University of California, Santa Barbara

Human Resources
3101 Student Affairs & Administrative Services Building
Santa Barbara, CA 93106-3160

Visit us Online:
www.hr.ucsb.edu/employee-services/family
Lactation Breaks

The University will provide lactation break periods for employees who are breastfeeding.

Generally, nursing mothers need 20-30 minutes, 2 to 3 times per day to express milk, but individual needs vary.

To accommodate an employee’s desire to breastfeed or express milk at work:

♦ the University will provide a reasonable amount of break time;
♦ the time may run concurrently with an employee’s paid rest break;
♦ a separate unpaid break time may be made available if it is not possible for the lactation break to run concurrently with the employee’s existing rest period.

Lactation Rooms

The University will provide a private, secure, and sanitary area to express breast milk. Appropriate places include:

♦ employee’s own office, or
♦ another office not in use, or
♦ any available area with a locking door offering privacy.

Restroom stalls or any non-private space is not appropriate. If needed, there are several lactation rooms available on campus.

Campus Lactation Rooms

- Kerr Hall
- Davidson Library
- Ellison Hall
- Noble Hall
- Student Resource Building
- Music Library
- Life Sciences Building
- Student Health (for use by Student Health Providers & Staff only)

Some rooms require a key to access, please register for more info.

Breast Pumps and Supplies

♦ Contact your medical plan for:
  ◦ breast pumps
  ◦ supplies
  ◦ breastfeeding support
  ◦ counseling

♦ Purchase Medela products at the UCSB Bookstore (ext. 2335)

♦ Borrow a breast pump from the Lactation Accommodation Program, if available. For more information, please Register online.

Interested in the Program?

Please register!
Submit the Registration Questionnaire online:
hr.ucsb.edu/employee-services/family
It takes less than 5 minutes to complete!

Questions?
Visit:
hr.ucsb.edu/employee-services/family

Contact
Lactation Accommodation Program Coordinator
(805) 893-4770