

## *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.*

## *Lactation Accommodation Program*

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

*University of California,  
Santa Barbara*

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

*Visit us Online:  
[www.hr.ucsb.edu/employee-services/  
family](http://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.

Most lactation rooms are equipped with a hospital-grade Medela breast pump (personal attachments not included). Medela Lactina® "piston" required.

## 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](http://hr.ucsb.edu/employee-services/family)

It takes less than 5 minutes to complete!

## Questions?

Visit:

[hr.ucsb.edu/employee-services/family](http://hr.ucsb.edu/employee-services/family)

## Contact

Lactation Accommodation Program  
Coordinator  
(805) 893-4770