



Best Practices for Breastfeeding, Pumping, Lactation Rooms and Nursing Mothers Programs

- Pregnant Sailors should sign up for the nursing mothers program and/or lactation room and have access to the room and key codes *before* they deliver and go on convalescent leave
- Sailors who pump at work should discuss their pumping plan with their immediate supervisor, to include their breastfeeding goals and when, where, how often and how long they intend the pump
- Commands should strive to offer freezers for storing breast milk freezer packs, which are needed to preserve milk quality over long work days and extended commutes
- Commands should include information on their lactation room(s), to include access information and key codes, in their Command Duty Officer Instruction to prepare for breastfeeding visitors and TAD/TDY breastfeeding Sailors