

## **Lactation/Quiet Rooms** Description of Project

### **Purpose Statement:**

- To support and enhance the mission of the University of Texas at Austin to be a first class university;
- To recruit and retain the best university community members (faculty, staff, and students);
- To promote the work/life balance of its members for greater morale, satisfaction, and productivity;
- To provide a well-organized network of spaces on campus for use by nursing mothers and by others requiring rest for medical reasons related to a non-contagious condition.

### **Who:**

Lactation/Quiet rooms at UT Austin are spaces set aside **for nursing mothers to pump breast milk or for individuals with non-contagious medical conditions requiring a rest time during the day.**

### **What:**

While **resources in the individual rooms** will vary (depending on new construction, renovations, or the repurposing of an existing space) all rooms will have a chair, a table, and electrical outlets. Some rooms will have sinks but all rooms will have ready access to bathroom facilities.

### **How:**

To **gain access to a lactation/quiet room**, see the contact person of the lactation/quiet room closest to your office (<http://www.utexas.edu/hr/current/services/lqrooms.html>). In some cases, you can reserve a room for specific times; in others the rooms may be available on a first come, first serve basis. If your needs conflict with someone who has already reserved the room, you may decide to negotiate with that person. All rooms will have locks. You may need to make arrangements for refrigeration and any needed supplies and equipment, including a breast pump. The University Health Services Pharmacy (471-1824) has breast pumps available at a discounted cost. Please leave the room in the clean condition in which you found it.

### **When:**

Departments will vary regarding when you may use the rooms and how to account for your time. Please be sure to consult with your supervisor before making arrangements to use the room.

The counselors in the *Healthpoint* Work/Life Balance Program can help you plan how to discuss this with your supervisor, so please consult with them (471-3366) if you would like help making your proposal or if you are uncomfortable about addressing this need at work.