

## GETTING STARTED

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For more information about the Lactation Support Rooms and the Personal Refrigerator Program or to obtain access, contact the work and family services administrator at (541) 346-2962 or at [klogvin@uoregon.edu](mailto:klogvin@uoregon.edu).

To use the Medela Classic electric double pump in PLC, you will need to bring a universal double pumping kit, either Medela or Ameda/Egnell brands. Kits can be obtained from a few locations in Eugene including:

- The Breastfeeding Center, kit in stock and lactation consulting (541) 343-7341.
- Fletcher's for Children, available by special order only (541) 342-5883.

For breast pump product information and ordering or for additional vendors near you, call Medela at (800) 435-8316 or log on to [www.medela.com](http://www.medela.com). Medela also provides breastfeeding information, how-tos and trouble-shooting solutions.

### **Oregon State Laws**

ORS 109.001 (1999) allows a woman to breastfeed in public. House Bill 2372b, passed in May 2007, requires employers to give employees breaks to express milk and to make reasonable efforts to provide a private place to do so.

Work and Family Services  
5210 University of Oregon  
Eugene, OR 97403-5210  
(541) 346-2962

<http://hr.uoregon.edu/workfamily/>

*Work and Family Services is a program of Human Resources dedicated to helping individuals and departments find ways to balance family needs with workplace and educational responsibilities.*



UNIVERSITY OF OREGON

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## LACTATION SUPPORT AT THE UNIVERSITY OF OREGON

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WORK and FAMILY  
*for faculty, staff  
and student families* SERVICES

**Are you a university student, faculty, or staff member who is nursing your baby?**

**You may want to take advantage of the Lactation and Family Support Rooms on campus or the new Personal Refrigerator Lending Program.**

Each Lactation Support Room provides a private, clean, comfortable and relaxing atmosphere for mothers to nurse, express milk, and keep their milk fresh with refrigeration.

## LACTATION SUPPORT ROOM LOCATIONS

**Prince Lucien Campbell Hall (PLC), Room 30** is equipped with a hospital-quality electric double pump.

**McKenzie Hall, Room 161** is a lactation support room and a child-care co-op. Outlets and refrigeration are available, no pump is provided.

**University of Oregon Health Center, Room 64** has outlets and refrigeration available, no pump is provided.

**Knight Law School, Room 231B** has outlets and refrigeration available, no pump is provided.

## LACTATION SUPPORT ROOMS

- Rooms are operated on a first-come, first-served basis. For those authorized to use the room, times may be either scheduled or drop-in depending on the number of users.
- For your comfort, all rooms are equipped with hot and cold running water, a microwave, a refrigerator, a stereo, baby equipment and comfortable seating.

For more specific information about individual room hours and guidelines, please call 346-2962.

## PERSONAL REFRIGERATOR LENDING PROGRAM

This program provides nursing mothers - students, faculty and staff - with small, apartment-sized personal refrigerators for their campus offices and workspaces in which to store expressed milk. The loan period is based on the mother's needs.

## ASUO WOMEN'S CENTER LOUNGE

Located in Suite 3 of the EMU, the lounge is available for lactation support. It is equipped with a locking door, privacy blinds and a full-size refrigerator. No pump is provided. Call 346-4095 to schedule use or for more information.

## ADDITIONAL RESOURCES

### Baby Center

[www.babycenter.com](http://www.babycenter.com) A parent's resource for many aspects of parenting including breastfeeding

### The Breastfeeding Center

Free lactation consulting (541) 343-7341

### La Leche League International

[www.lalecheleague.org](http://www.lalecheleague.org) Information, education, support and encouragement for breastfeeding mothers (541) 744-6055

### McKenzie Willamette Hospital

Women's Health and Birth Center offers breastfeeding education and support. (541)726-4471

### Oregon Health Plan (OHP)

<http://www.oregon.gov/DHS/healthplan/index.shtml>. Health insurance for low-income families (800) 527-5772

### Sacred Heart Medical Center

<http://www.peacehealth.org/Oregon/SHMC/LactationServ.htm>. Provides lactation services including lactation consultation, breastfeeding tips and classes (541) 686-6320

### University of Oregon Health and Counseling Center

[www.healthcenter.uoregon.edu](http://www.healthcenter.uoregon.edu) Assistance for students with questions and concerns about post partum depression, breast infection, nutritional guidance during lactation (541) 346-2770

### Women's Care

Free lactation consulting (541) 686-2922

### Women, Infants and Children (WIC)

<http://egov.oregon.gov/DHS/ph/wic/index.shtml>. Nutritional information, food vouchers and breast pump financial assistance for low-income pregnant and nursing women and children up to five. (541) 682-4202