

### Important Phone Numbers

**Work and Family Services:**

346-2962 (463 Oregon Hall)

**PLC Family and Lactation Support Room:**

346-6117

**Women's Care:**

686-2922

**The Breastfeeding Center:**

343-7341

**Department of Public Safety:**

346-5446 (1319 E. 15<sup>th</sup> Ave.)



UNIVERSITY OF OREGON

## *PLC Family and Lactation Support Room*

### INFORMATION AND GUIDELINES

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

UNIVERSITY of OREGON

<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.*



### **What is the PLC Family and Lactation Support Room?**

The PLC Family and Lactation Support Room is a small room on campus, dedicated to providing a private and relaxing lactation support space for faculty, staff and student mothers to nurse and/or express milk. The room is equipped with a hospital-quality, electric double pump, sink with hot and cold running water, changing table, small refrigerator for storage of milk, microwave, and other amenities to provide comfort and support to nursing mothers.

### **Where Is the PLC Family Support Room Located?**

The PLC Family Support Room is located on the first floor of Prince Lucian Campbell (PLC) Hall in Room 30.

### **How Do I Access the Room?**

The room operates on a first-come, first-served basis and is accessible by registering with the work and family services administrator in Human Resources, 463 Oregon Hall. Interested parents can contact the administrator by phone at 346-2962 or by email: [klogvin@uoregon.edu](mailto:klogvin@uoregon.edu).

### **How do I Get Started?**

Call the work and family services administrator for information, to register to use the room, to schedule an orientation and to get authorization to obtain a key from the Department of Public Safety. If you are planning to express your milk, you will also need to obtain the pump equipment and/or attachments to meet your specific needs.

To use the Medela Classic electric double-pump provided in the room, 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, 343-7341 and Fletcher's for Children (special order only) 342-5883.

### **Parents' Responsibilities**

Parents are responsible for maintaining the facility, including all equipment and toys. If using the Medela Classic electric double-pump provided in the room, please wipe it down with a damp paper towel and antiseptic wipes after each use, and clean up any spills before you leave. Parent participants supply their own paper towels, hand soap, and other consumable supplies and also clean the room on an as-needed basis. Most importantly, each participant is responsible for keeping communication open with other parents, as some overlap of use may occur.

### **What to Expect From Us**

The work and family services administrator registers participants, checks out keys and facilitates user collaboration. Please immediately notify the work and family services administrator of any major repairs needed.

### **When Your Term is Complete**

Thoroughly clean and organize the space to be ready for the next users. Notify the work and family services administrator and return your key to the Department of Public Safety. Complete and return a comment card to Human Resources about your experience using the PLC Family and Lactation Support Room.

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