

NATIONAL INSTITUTES OF HEALTH
Nursing Mothers Program

Lactation Consultant Information

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NIH

National Institutes of Health • Office of Research Services • Division of Occupational Health and Safety

DOHS Nursing Mothers Program Provides

At NIH, we care about the health and wellbeing of our employees and understand that returning to work after having a new baby is always difficult, especially for women who choose to breastfeed. In fact, according to the Society for Human Resources Management, more than 30% of new mothers give up breastfeeding within seven weeks of returning to work because of significant breastfeeding barriers within the work place.

In an effort to remove those barriers, the NIH Nursing Mothers Program provides services that address many of the concerns that future and current nursing mothers have. The program provides the emotional support and worksite assistance nursing mothers need to make the return to work less stressful.

- **Prenatal breastfeeding education** classes taught at various locations on campus
- **Telephone support** while on maternity leave, providing advice and problem-solving during the first critical weeks
- **Return to work consultation** concerning how to maintain lactation and other issues related to making the transition back to work
- **Onsite lactation rooms** in various buildings, all equipped with breast pumps

The services offered by the NIH Nursing Mothers Program are available free of charge to NIH employees, contractors and visitors. To take advantage of the consultations, classes and lactation rooms, you will need to complete a registration form. To register or to ask questions about the program, please contact one of our Lactation Consultants or visit our website at: <https://go.usa.gov/xnhrZ>