

## Note from the Nursing Mothers Program

At NIH, we care about the health and well-being 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 arise for future and current nursing mothers. The program provides the emotional support and worksite assistance nursing mothers need to make the return to work less stressful.



## How to Reach a Lactation Consultant

Jane Balkam, PhD, APRN, CPNP, IBCLC  
Jane.balkam@nih.gov  
Phone: (301) 656-2526

DOHS Nursing Mothers Link:  
<https://go.usa.gov/xnhrZ>



National Institutes of Health  
Office of Research Services  
Division of Occupational Health and Safety  
Building 13, Room 3K04  
13 South Drive, MSC 5760  
Bethesda, MD 20892  
(301) 496-2960

For more information visit:



# NIH Nursing Mothers Program



*Providing a safe and healthy  
environment for employees,  
visitors  
and contractors who are nursing mothers*

**A Guide for Nursing Mothers at  
the National Institutes of Health**



## Brief History

- Started in 1998 as part of the “Quality of Work life Initiative”
- Became part of DOHS in 2009
- Originally part of the Work/Life Center

## Program Services

- Prenatal Education
  - Breastfeeding and Return to Work
  - How to Get Started with Breastfeeding
- Maternity Leave Telephone Support
- Return to Work Consultation
- Ongoing support while back to work
- Use of lactation rooms with Medela Symphony breast pump
- Lactation room reservation capabilities for up to 90 days when registered.



## Breastfeeding and Return to Work



A lactation room may be used by NIH employees, contractors, and visitors. You must register with the Nursing Mothers Program to use the room on an ongoing basis. Contact the Lactation Consultants to schedule a time to use a lactation room during the workday, to minimize the disruption of your daily work routine. Please read the Lactation Room Guidelines before using a room. Most of the lactation rooms are equipped with Medela Symphony breast pumps. Use of the breast pumps is free; however, you need to purchase a kit.

## How to Register

- Utilize the link provided via DOHS website - <https://go.usa.gov/xnhrZ>
- The following resources are provided at the above link:
  - Lactation Room Locations
  - Lactation Room Guidelines
  - Prenatal Breastfeeding Education Classes
  - Final Guidelines for Lactation Room Users During COVID-19

