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CheckUP

We're Protecting the Polar Bears

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Support for New Moms

New staff lactation rooms provide comfort for breastfeeding mothers



Lactation Room Locations:

- **Lehigh Valley Hospital–Cedar Crest**
6th floor, across from Pool Pavilion elevators
- **Lehigh Valley Hospital–Muhlenberg**
3rd floor, South Tower hallway between the elevators
- **Lehigh Valley Hospital–17th Street**
1st floor, across from yellow elevators
- **Mack Boulevard**
4th floor, near elevators

Resources and support—New mom Lizanne Galatis-Gazzo uses one of the new staff lactation rooms to express breast milk to take home for her son, Ethan.

Physician assistant Lizanne Galatis-Gazzo was overjoyed when her new baby boy, Ethan, arrived in May. After returning to work in August following maternity leave, Galatis-Gazzo wanted to continue providing breast milk for her son. She’s been able to thanks to the new designated staff lactation room at Lehigh Valley Hospital–Muhlenberg. “It’s so important to me to continue breastfeeding,” Galatis-Gazzo says. “These rooms provide a calming, relaxing atmosphere.”

“Many new mothers give up breastfeeding when they return to work,” says LaDene Gross, RN, patient care services administrator. “They feel they won’t have the opportunity or time to express breast milk at work.” Staff lactation rooms are now available throughout our health network. They’re part of a new policy developed to meet the needs of colleagues who are breastfeeding. The Breastfeeding Support and Resource policy includes the following conditions:

- ✓ **DESIGNATED LACTATION ROOMS**—These private, sanitary rooms are available at all three hospitals and Mack Boulevard (see exact locations above). Colleagues who don’t have easy access to a lactation room may express breast milk in another comfortable location agreed upon with their supervisor. Colleagues who use lactation rooms are responsible for keeping them clean.
- ✓ **REASONABLE BREAK TIME**—Colleagues may take reasonable break time to express breast milk in a lactation room. The duration and frequency of the breaks are determined by colleagues and their supervisor. Colleagues may use paid time off (PTO) or unpaid time for time needed beyond their reasonable break time.
- ✓ **STORAGE**—Colleagues who use the lactation rooms are responsible for the proper storage of their expressed breast milk. Containers must be labeled with their name, date and time, and stored in personal cold packs.

This policy allows colleagues who wish to provide their infants with breast milk the resources and space to do so. “Breastfeeding benefits mothers and babies,” Gross says. “Breastfed babies have stronger immune systems, and breastfeeding mothers have a lower risk for health problems.”

Colleagues who are pregnant and interested in breastfeeding can take Healthy You prenatal and postpartum breastfeeding classes. For colleagues covered by Choice Plus, classes are reimbursable through our Culture of Wellness benefit. Call 610-402-CARE to register for these classes or learn more at lvhn.org/Pregnancy_care.

—Lauren Fetterman