



## Requirements

Nursing mothers are required to participate in a Lactation Program orientation session with one of the Super Moms at an onsite location.

Participation also requires a signed agreement, which attests to familiarity with Lactation Program Policy, a commitment to adherence to program ground-rules for use of the rooms and the pumps, and waiver of liability.

## Room Scheduling

The Super Mom assigned to each location is responsible for scheduling that room. Please contact the Super Mom assigned to the room nearest you for availability and access information.



## Further Information

Program Coordinator:  
Danielle B. Tolbert, 301-286-9165

Lactation Program Website  
(Super Mom names and contact information, forms, and up-to-date information):

<https://ohcm.gsfc.nasa.gov/content/gsfc-lactation-program-0>



Goddard Space Flight Center's

# Workplace Lactation Program



Breastfeeding has been demonstrated to benefit the health of babies and mothers. Both the American Academy of Pediatrics and the U.S. Department of Agriculture recommend that mothers nurse their newborns for at least one year.

Goddard's Workplace Lactation Program provides nursing mothers with private, sanitary, onsite space to express their breast milk.

## Eligibility

All nursing mothers onsite are welcome to participate in the Workplace Lactation Program.



# Lactation Rooms

<https://ohcm.gsfc.nasa.gov/content/lacation-rooms>

Building	Room
1	253
5	C255A
6	C102A
7	256A
8	N103
11	E101
17	N228
18	236
21	C121
23	C107
26	240
28	S249
33	F014
34	C131 & C132
35	140
36	C203
97	E024
Wallops Health Unit	F-106
JPSS	L40

\*Check website for status of construction and/or availability for lactation room in Building 32.

Each lactation room is administered by a Super Mom, an employee in the building who has been trained by the Health Unit in use of the pump and the industrial hygiene requirements.

These rooms are equipped with Medela Symphony hospital grade breast pumps. Use of the breast pump is free; however, users will need to purchase their own personal kits. For most women, use of these pumps is faster (up to 75%) than use of personal pumps. Of course, mothers are welcome to use their personal pumps, if they prefer.

