



*Office of the Chief Human Capital Officer
Headquarters Lactation Program*

Not long ago breast-feeding was considered a private affair, solely carried out in the home. But today, many mothers are choosing to continue breast-feeding after they return to work. In order for mothers to keep producing ample supplies of milk, so they can avoid using formula supplements, nursing mothers need to pump their milk during the workday.

At Department of Energy Headquarters, the Wellness Program works to support employees who are devoted to their families. This includes nursing mothers who want to continue lactation after they return to the office. The Occupational Health Clinics at the Forrestal and Germantown facilities house a dedicated lactation room, well appointed with a comfortable recliner, table and access to a restroom. Mothers have access to the room at any time during the day, and the room provides them privacy while they pump.

In addition to the Lactation Room, nurses are on hand if needed, and the Germantown clinic nurse is a Certified Lactation Specialist who can provide guidance and assistance to the mothers, if desired.

For more information on the Lactation Program, please contact the Occupational Health Clinic at your site:

Forrestal: 6-9765, Room GG-028

Germantown: 3-0409, Room A-075