

## Self-Assessment: Breastfeeding Friendly Worksite Program

To get involved, please complete this initial assessment (you will complete a final one after you have implemented any change). Fax or email a copy to St. Croix County Public Health, and someone will follow up with consultation and recognition of your efforts. Email [heather.prigge@sccwi.gov](mailto:heather.prigge@sccwi.gov) or Fax # 715-246- 8367, attention Heather Prigge, RN, CLC. With questions call, 715-246-8458.

**Date:** \_\_\_\_\_ **Assessment Status:**  Initial or  Final

**Business Name:** \_\_\_\_\_

**Contact Person:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Number of Employees:** \_\_\_\_\_ **Number of Female Employees:** \_\_\_\_\_

**Please place an "X" in the boxes next to the components currently available under each category. Starred \* items are minimally required to become designated as a Breastfeeding Friendly Worksite.**

### 1. Privacy to express milk

- \*Private space (not a bathroom, shielded from view)
- \*Comfortable chair and table
- Electrical outlet
- Sink available to wash hands/pumping equipment
- Refrigerator for storage of breastmilk during work day
- Clock
- Radio/CD player
- Double electric pump
- Other (please specify): \_\_\_\_\_

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### 2. Flexible breaks

- \*Break time available "each time an employee needs to express breastmilk", (such as 15 minutes in the morning & afternoon & a lunch break)
- Flexibility with schedule (ex: begin work early/stay late to make up work time if breaks needed are beyond paid break time)
- Ability to have someone bring infant to place of employment (if needed) for feedings
- Onsite childcare
- Other(please specify): \_\_\_\_\_

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### 3. Education

- Printed or online access to material for employees about breastfeeding & milk storage
- \*List of resources available to breastfeeding employees
- Breastfeeding classes available for employees
- Access to a lactation consultant or breastfeeding specialist (CLC, or CLE)
- Other (please specify):

### 4. Support

- \*Written breastfeeding policy
- Supportive practices that value breastfeeding (ex: incorporate breastfeeding policy and support into wellness benefits or employee handbook)
- Supervisors are encouraged to work with breastfeeding employees and make reasonable accommodations
- Other employees are encouraged to exhibit positive and accepting attitudes
- Paid maternity leave
- Breastfeeding Friendly environment (such as décor and resources in “private space” or signs, resources in public areas)
- Other (specify):

**5. Other concerns. How can we help you support your progress toward implementing more of the above options?**

**If you have any questions with this assessment or if you would like more information, please call Heather Prigge at 715-246-8458.**