

Dartmouth Hitchcock Medical Center Resources

Women's Health Resource Center

(603) 650-2600

Lactation Services and Lactation Clinic

(603) 650-6159

Nursing Mother Resources

careers.dartmouth-hitchcock.org/benefits/nursing-mother-resources

Break Time for Nursing Mothers Policy

one.hitchcock.org/intranet/departments/employee-relations/d-h-employment-policy-handbook/benefits-policies

State Resources

NH Breastfeeding Task Force

nhbreastfeedingtaskforce.org

NH Department of Health and Human Services

dhhs.nh.gov/programs-services/childcare-parenting-childbirth/breastfeeding-promotion-support

State of VT Breast Feeding Resources

healthvermont.gov/family/infants-young-children/breastfeeding

Government and Other Resources

Breastfeeding Educational and Working Guides

womenshealth.gov

Hotline for basic breastfeeding questions:

1-800-994-9662

Parenting and Breastfeeding Support Webpage

kellymom.com

Guide for nursing moms with sample schedule templates:

thepumpingmommy.com

Talking to Your Boss

abetterbalance.org/resources/talking-to-your-boss-about-your-pump-new-hampshire



Office of Employee
Wellness

Employee Lactation Support

at Dartmouth Hitchcock
Medical Center

If you wish to continue breastfeeding/chest-feeding, Dartmouth Hitchcock Medical Center provides an accommodating environment through lactation resources and to support your transition back to work.



Here are a few tips to help support your lactation journey upon your return to work.

Plan your return day:

Give yourself time and space to ease back into work. Consider planning your return to work for later in the week—such as a Thursday or Friday—to ease the transition with a shorter first week away from your baby.

Start the conversation with your manager prior to delivery and leave from work. Revisit the conversation and confirm details about two to three weeks before you return to work. During these discussions, let them know you intend to pump at work, share your anticipated schedule and break needs, and request access to a private lactation space that supports your comfort and privacy.

Need support for this conversation? Our on-staff Lactation Consultants are happy to help.

Prepare for Pumping at Work

Having a plan prior your return to work will help ease the transition, make one that works for you.

We provide lactating employees with break time to express milk for their baby as frequently as needed for up to one year after the child's birth. To prepare for your return, together with your manager, identify a space that may be used to express breastmilk.

Work with your manager to:

- Identify and reserve a private lactation space near your work area.
- Clarify how to document your pumping time. For example, mark "Busy" on your Outlook calendar, shared system, or a verbal update.
- Determine who to notify when you're stepping away to pump.
- Establish what the workflow will look like when you return?
- Decide what happens if your preferred space is unavailable.

Our Lactation Consultants are available and happy to assist with these conversations.

Questions to ask yourself:

These reflections can help you feel more prepared and confident.

- What will my breastfeeding/chest-feeding needs be?
- What will my pumping schedule be while at work? You can find many sample schedules online for both 8-hour and 12-hour shifts.
- What supplies will I need while pumping at work? (pump, hard plastic or glass milk storage containers, cooler, hands-free bra, cleaning wipes, water, and snacks)
- How can I begin expressing milk for storage prior to returning to work?

Talk with your Lactation Consultant for advice.

Find a Lactation Space

- Identify your primary and backup pumping spaces ahead of time.
- Explore the pumping spaces near your work area.
- Know what's provided in the room (outlet, chair, fridge) and what to bring.
- Schedule your pumping sessions on your calendar as recurring meetings.
- Even short pumping sessions are helpful—don't skip if you can avoid it. Skipping may impact supply.

Lactation Room Locator: Visit the Lactation Resources for Employees page on the Dartmouth Health internet (HYPERLINK "<https://careers.dartmouth-hitchcock.org/benefits/lactation-resources>"careers.dartmouth-hitchcock.org/benefits/lactation-resources). If space isn't available in your building, contact Employee Wellness at (603) 650-5950 for alternative suggestions.

Departments

Hospital-grade pumps are available for rent from the Women's Health Resource Center at a nominal fee. Departments may arrange rentals directly, with the agreement and payment handled by the department.

Take Care of Yourself

Being a working parent is rewarding—but also exhausting. Prioritize your well-being.

- Get as much rest as possible.
- Eat nourishing meals and snacks throughout the day.
- Stay hydrated—bring a water bottle with you to pumping sessions.
- Give yourself grace. Every feeding or pumping session counts.