

Making Breastfeeding Work

Worksite Self-Assessment

Business Name _____

Contact Person _____

Email _____

Phone _____

Policy: *An explicit policy or set of guidelines outlining organizational support for breastfeeding employees*

Progressing	Breastfeeding Friendly	Breastfeeding Advocate
<ul style="list-style-type: none"> <input type="checkbox"/> We do not have a breastfeeding policy. <input type="checkbox"/> Our breastfeeding policy is informal and is not written or regularly communicated to staff. 	<ul style="list-style-type: none"> <input type="checkbox"/> We have a written breastfeeding policy but it is not regularly distributed or communicated to all employees. <input type="checkbox"/> We have a written policy and it is distributed or communicated to all employees at least once a year. 	<ul style="list-style-type: none"> <input type="checkbox"/> Breastfeeding policy-related information is provided to all new hires. <input type="checkbox"/> Breastfeeding policy-related training is provided to all new managers. <input type="checkbox"/> Our insurance plan covers breastfeeding equipment or breastfeeding services OR we educate our employees on breastfeeding-related benefits available through the Affordable Care Act. <input type="checkbox"/> Our insurance plan notifies our employees that we are a breastfeeding-friendly workplace. <input type="checkbox"/> We contract with a lactation consultant to provide services for all breastfeeding employees.

Time: *Workplace flexibility*

Progressing	Breastfeeding Friendly	Breastfeeding Advocate
<ul style="list-style-type: none"> <input type="checkbox"/> There are significant barriers to mothers scheduling breaks and work patterns to provide time to breastfeed, express, or pump breastmilk during the workday. 	<ul style="list-style-type: none"> <input type="checkbox"/> There are few or no barriers to mothers scheduling breaks and work patterns to provide time to breastfeed, express, or pump breastmilk during the workday. 	<ul style="list-style-type: none"> <input type="checkbox"/> Employees can bring breastfeeding infants to work with them. <input type="checkbox"/> Childcare is available and accessible to employees and accommodates breastfeeding.

Space: *Accessible, clean, private, and safe space other than a bathroom for employees to express or pump breastmilk*

Progressing	Breastfeeding Friendly	Breastfeeding Advocate
<ul style="list-style-type: none"> <input type="checkbox"/> There are no designated breastfeeding rooms available. <input type="checkbox"/> Breastfeeding rooms are only available and identified as the need arises. 	<ul style="list-style-type: none"> <input type="checkbox"/> Prioritized breastfeeding room(s) are identified and can be used by employees as needed. <input type="checkbox"/> Breastfeeding rooms are solely designated as breastfeeding room(s) for employees. 	<ul style="list-style-type: none"> <input type="checkbox"/> Refrigerator space is prioritized for breastmilk storage in proximity to the pumping space. <input type="checkbox"/> A functioning sink is in proximity to the pumping space for employees to clean pumping equipment. <input type="checkbox"/> Breastfeeding-friendly messaging and/or graphics are around the workplace <input type="checkbox"/> We have electric breast pumps available for breastfeeding employees. <input type="checkbox"/> We have pump kits available for breastfeeding employees. <input type="checkbox"/> We publicize that customers may breastfeed in public spaces.