

# 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"> <li><input type="checkbox"/> We do not have a breastfeeding policy.</li> <li><input type="checkbox"/> Our breastfeeding policy is informal and is not written or regularly communicated to staff.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> We have a written breastfeeding policy but it is not regularly distributed or communicated to all employees.</li> <li><input type="checkbox"/> We have a written policy and it is distributed or communicated to all employees at least once a year.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Breastfeeding policy-related information is provided to all new hires.</li> <li><input type="checkbox"/> Breastfeeding policy-related training is provided to all new managers.</li> <li><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.</li> <li><input type="checkbox"/> Our insurance plan notifies our employees that we are a breastfeeding-friendly workplace.</li> <li><input type="checkbox"/> We contract with a lactation consultant to provide services for all breastfeeding employees.</li> </ul>

**Time:** *Workplace flexibility*

Progressing	Breastfeeding Friendly	Breastfeeding Advocate
<ul style="list-style-type: none"> <li><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.</li> </ul>	<ul style="list-style-type: none"> <li><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.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Employees can bring breastfeeding infants to work with them.</li> <li><input type="checkbox"/> Childcare is available and accessible to employees and accommodates breastfeeding.</li> </ul>

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

**Send us this completed assessment by emailing a saved copy to [helkins@bouldercounty.org](mailto:helkins@bouldercounty.org)**