

## Additional Resources

### **California WIC (Women, Infants & Children):**

Program for women, infants, and children that provides vouchers for food, nutrition education/counseling, breastfeeding education/support, and referrals.

**[phfewic.org](http://phfewic.org)**

**Email: [comments@phfewic.org](mailto:comments@phfewic.org)**

**(888) 942-2229**

### **Breastfeed LA:**

Dedicated to improving the health and wellbeing of infants and families through education, outreach, and advocacy to promote and support breastfeeding.

**[breastfeedla.org](http://breastfeedla.org)**

**Email: [info@breastfeedLA.org](mailto:info@breastfeedLA.org)**

**(323) 210-8505**

### **US Office on Women's Health:**

Information about breastfeeding, lactation, and pregnancy.

**[womenshealth.gov/breastfeeding/](http://womenshealth.gov/breastfeeding/)**

**(800) 994-9662**

### **Project Fatherhood:**

This program provides comprehensive parenting skills to men in caregiving roles, including fathers, stepfather, foster parents, and relative caregivers.

**[childreninstitute.org/project-fatherhood/](http://childreninstitute.org/project-fatherhood/)**

- Contact Javier Flores **(323) 308-0172** or Noemi Vasquez **(213) 595-0260** to enroll or for more information.

## CSUDH Resources

### **Office of Equity & Inclusion**

Assists with assessing flexible lactations spaces for appropriateness and handles inquires and complaints about discrimination, harassment, and retaliation on the basis of gender, including for pregnancy and lactation.

**[csudh.edu/equity](http://csudh.edu/equity)**

**Email: [eschrock@csudh.edu](mailto:eschrock@csudh.edu)**

**(310) 243-1025**

### **Student Disability Resource Center:**

Assists students with ADA accommodations during and after pregnancy due ongoing medical issues or disabilities.

**[csudh.edu/sdrc](http://csudh.edu/sdrc)**

**Email: [dss@csudh.edu](mailto:dss@csudh.edu)**

**(310) 243-3660**

### **ADA Manager, Human Resources Management:**

Assists with ADA accommodations for CSUDH employees during and after pregnancy due ongoing medical issues or disabilities.

**[csudh.edu/access](http://csudh.edu/access)**

**(310) 243-3771**

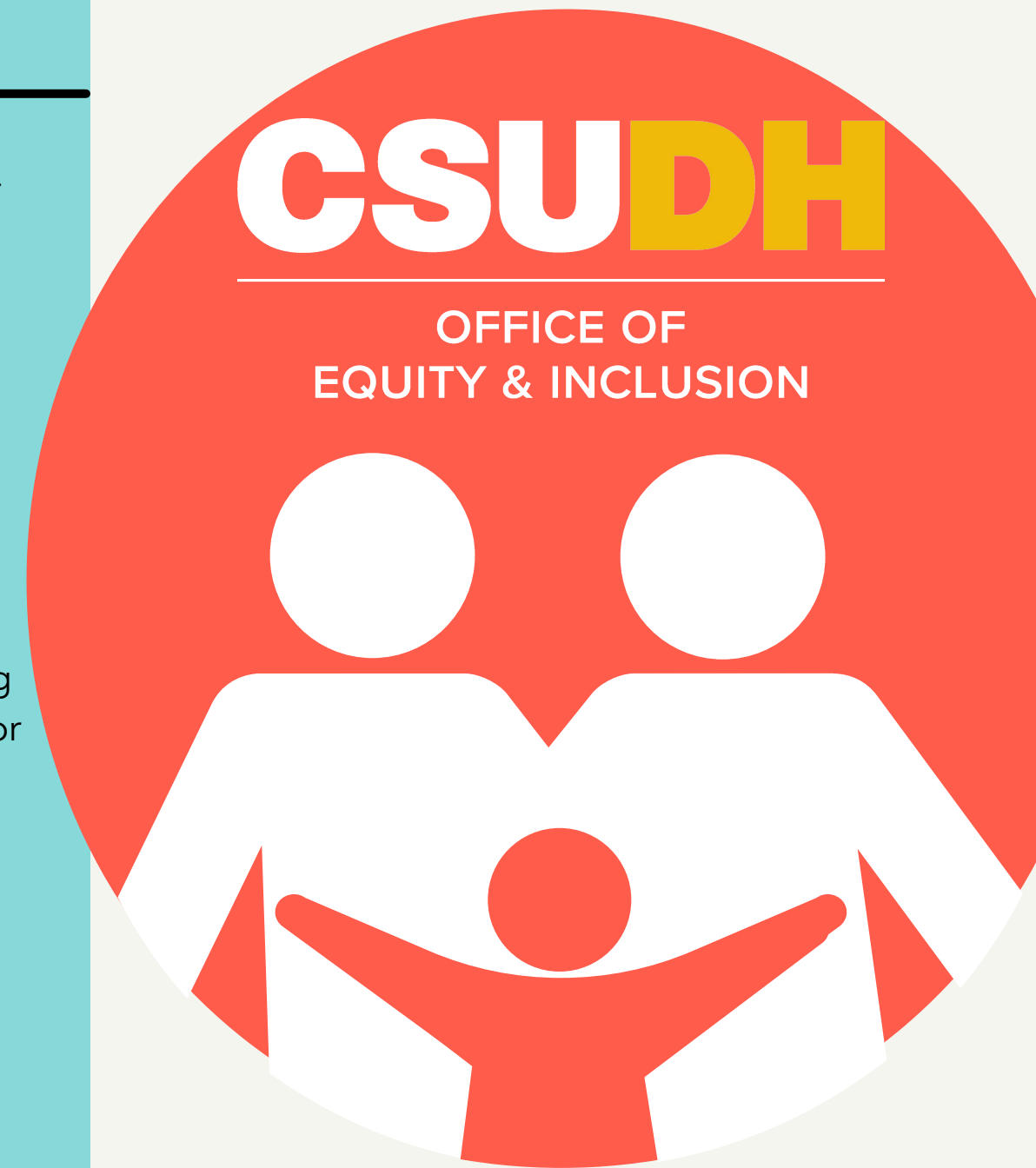
### **CSUDH Children's Center:**

Provides quality and affordable child care for students, faculty, staff, and the surrounding community.

**[asicsudhchilddevelopmentcenter.com/about/](http://asicsudhchilddevelopmentcenter.com/about/)**

**Email: [asicdc@csudh.edu](mailto:asicdc@csudh.edu)**

**(310) 243-1015**



# Information for Parents and Expecting Parents

## Locations of Lactation Stations

Lactation stations are private rooms on campus that can be used by breastfeeding or pumping students and employees. They are lockable, comfortable, equipped with a chair and table, and supplied with a telephone and electrical outlet. CSUDH has 6 designated Lactation Stations on campus. Please visit [csudh.edu/equity/get-help/pregnant-parenting/](https://csudh.edu/equity/get-help/pregnant-parenting/) to learn more about how to reserve a time at one of the Lactation stations on campus listed below.

### Lactation Station Locations:

- University Library, 3rd floor
- Nursing Skills Lab
- Social and Behavioral Sciences A-110
- Innovation and Instruction, 3rd floor
- Science and Innovation, 3rd floor
- Welsh Hall, 3rd floor
- Loker Student Union, main floor, MAMAVA Lactation Pod
  - Download MAMAVA app to make a reservation

If these locations will not work for you, you may work with the Office of Equity & Inclusion or Human Resources to find another location on campus.

## Reasonable Accommodations

**Employees:** Breastfeeding or lactating employees will be given adequate break time, which includes the time to walk to and from the lactation station. Additionally, this time should also allow for the employee to retrieve, set up, wash, and clean the pump or other supplies for breastfeeding, as well as expressing and/or storing milk. Requests can be made to managers for adequate break time and questions may be directed to the Office of Equity & Inclusion ([equity@csudh.edu](mailto:equity@csudh.edu) or (310) 243-1025).

**Students:** Students should plan their schedules to allow time for breastfeeding or pumping between classes when possible. However, reasonable academic accommodations will be provided when needed to ensure that students do not incur an academic penalty due to expressing milk or breastfeeding. Requests for reasonable academic accommodations can be made by reaching out to their professor and questions may be directed to the Office of Equity & Inclusion ([equity@csudh.edu](mailto:equity@csudh.edu) or (310) 243-1025).

## Information for Lactating and Breastfeeding Parents

CSUDH is committed to supporting faculty, staff, and students who need to either breastfeed or express milk for their child on campus by providing multiple rooms designated as lactation stations across campus with the signage below. CSUDH also ensures that adequate break time is given to allow for breastfeeding or pumping during work or class.

