

## Mother's Rooms – General Guidelines for Use

Updated Jan. 2016

### Purpose:

In order to support the wellness and parenting needs of faculty, staff, and students, Colorado School of Mines has dedicated wellness/ mothers' rooms in several campus buildings. These are private spaces dedicated for the purposes of expressing breast milk, nursing a child, administering medicine, and/or other medically necessary activities. Privacy is of utmost importance to the users of these spaces.

### Locations:

- Student Center 316
- Starzer Welcome Center 324
- Hill Hall 236

### Each room includes:

A sink, counter, microwave, refrigerator, electrical outlets, and comfortable seating. Nursing mothers should provide their own breast pumps, attachments, and cleaning supplies. Other amenities may vary by location.

### Are there any limitations on how the room may be used?

- The rooms are dedicated for the purposes of expressing breast milk, nursing a child, administering medicine, and/or other medically necessary activities.
- Non-medically necessary activities, or non-lactation related activities, such as meditation, prayer, food preparation, napping and studying are not permitted.
- The rooms are not intended to provide space to rest for those with medical conditions that are highly contagious from contact with contaminated surfaces, such as influenza, stomach viruses, common cold, etc. Individuals who are sick with such conditions should stay home and seek medical care, as needed.
- Feel free to put up baby pictures on the bulletin board, post messages to others, or bring in articles or magazines for others to share.
- Use of the microwave and refrigerator is for the preparation, storage, and sanitation of medical and lactation equipment only. Each user should ensure that the microwave and refrigerator are cleaned after each use. **Do not store or prepare food or beverage in the microwave or refrigerator.**
- Storage of medicine, expressed breast milk, equipment or personal items in the wellness/mother's room is solely at your own risk. **Colorado School of Mines accepts no liability for any personal items, medicine, or expressed breast milk left in the room.**
- Expressed milk must be removed from the room daily by no later than 7:00 pm.
- For cleanliness and out of courtesy for other users, do not use this room to change your baby's diaper, or dispose of dirty diapers.

**For information on how to safely handle and store expressed breast milk:**

[http://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

*Specific guidelines of use may vary for each mother's room. Please review the specific guidelines for the room you intend to use and/or contact person the appropriate if you have questions or concerns.*

**Student Center 316:**

Rebecca Flintoft, Student Life, 303-273-3050, [rflintof@mines.edu](mailto:rflintof@mines.edu)

**Starzer Welcome Center 324:**

Annette Schoon, Mines Foundation, 303-273-3137, [aschoon@mines.edu](mailto:aschoon@mines.edu)

**Hill Hall 236:**

Erin Stoll, Metallurgical & Materials Engineering, 303-273-3660, [estoll@mines.edu](mailto:estoll@mines.edu)