

QUOTES:

"Using the Mothers' Corner eased the transition back to work for me".

"It was the best and quickest way to reconnect with my baby after working."

"I counted on the Mothers' Corner when I returned to work after having my second child. I didn't want to wean him early, and using the pump allowed me to continue nursing".

"The room is cozy and warm...quite a relaxing place to be".

"My son was a premie, weighing under 4 1/2 pounds at birth. He has caught up, and is now a normal weight. He is healthy and hasn't had any ear infections or serious illnesses. I'm sure breast milk had something to do with that. The Mothers' Corner is a great advantage!"

The Mothers' Corner



Working and Breastfeeding Can Be Done

Lactation Rooms

Please contact the EAP **one week in advance for an orientation.**

Partners Employee Assistance Program
1-866-724-4EAP
www.eap.partners.org

An Award-
Winning
Lactation-Support
Program

The Mothers' Corner is a program for MGH, BWH, BWFH, Partners and MGH Institute of Health Professions employees and students returning to work and classes after maternity leave. The Mothers' Corner provides new mothers with the opportunity to continue breastfeeding while back at work and school. An efficient, electric breast pump is provided in a private, comfortable room so working mothers can express their milk while at work or school.

What are the Benefits of Breastfeeding and Working?

Breast milk is the feeding method of choice recommended by the American Academy of Pediatrics. Breast milk is nature's own food for the infant that is uniquely formulated with protein, fat, minerals, vitamins, and calories. It is easier to digest, and is less allergenic. Breast milk also contains many immunological factors that protect babies from infections. Fewer illnesses occur in breastfed babies during the first year of life.

The benefits of breastfeeding extend to the mother as well. Breastfeeding helps the mother get back into shape quicker, decreases the risk of breast cancer, and enables mothers to feel physically closer to their baby. Breastfeeding is less costly than formula and more convenient as well.

What Equipment Will I Need?

You will need to purchase a pump tubing set which is compatible to our pumps. An insulated carrier with an ice pack to transport the milk home is necessary, as breast milk must be kept cool.

To purchase tubing for Symphony pumps please contact:

MGH: Gift Shop 617-726-2227

Medela: 1-800-435-8316 (to locate a Medela dealer nearest you)

How much time will it take to pump?

The average length of time needed is about 15 to 20 minutes. Most mothers use the Mothers' Corner on their morning or afternoon break, or during lunchtime.

How can I learn more about the Mothers' Corner?

If you are interested in using the Mothers' Corner, call the EAP at 617-726-6976. **Please call one week in advance to schedule a brief orientation.** Staff is available for any questions or concerns. BWH and MGH also have lactation consultants.

When are the Mothers' Corner locations available?

The locations have 24-hour access with the exceptions of Revere (Mon.–Fri. 8:30 a.m.–5 p.m., Sat. 8:30 a.m. – 12:30 p.m.) and BWH Tower (7:30am – 8pm).

MGH Institute of Health Professions (Mon.–Fri. 8:00 am - 7:00 pm), MGH Bigelow 952T (7:30am-5:00pm).

*Most of our lactation rooms have Symphony pumps by Medela.

BWH

Main Campus

1. **Connors Center for Women**, 9th Floor, Room 958
2. **Tower** 3rd Floor, Room 3A04
3. **Tower** 4th Floor, Room 14B (days only)
4. **Tower** 7th Floor, Room 743
5. **Tower** 14th Floor, Room 1442
6. **Tower** 15th Floor, Room 1526

221 Longwood Ave

Room #BL250A

850 Boylston Street

2nd Floor, Room 204E

One Brigham Circle

3rd Floor, Room BC-3-024

Crosstown

5th Floor, Room 5102

Emanuel College Alumni Hall

41 Avenue Louis Pasteur

Faulkner Hospital (BWFH)

3rd Floor (across from cafeteria)

Foxboro

20 Patriot Place, 3rd Floor

Shapiro Cardiovascular Center

8th Floor –Room 08126

MGH

Main Campus

1. **Bigelow** 9th Floor, Room 952T
2. **Bigelow** 12th Floor, Room 1221
3. **Bulfinch** 1st Floor, Room 109
4. **Wang** 2nd Floor, Room 233
5. **Yawkey** 4th floor, Room 4498

Chelsea HealthCare Center

1st Floor, Radiology Department

CNY – MGH East

4th Floor, Room #4014

Danvers

Pre-Surgical Screening 1st Floor

IHP (Institute of Health Professions)

Building 36, Room 114

Nashua Street

1. 1st Floor, Room 1114
2. 7th Floor, Room 7121

Revere Health Center, 3rd Floor

OB/GYN Dept.

Simches Research Center

1. 3rd Floor, Room 3148
2. 7th Floor Library

PHS

100 Cambridge Street

20th Floor, Quiet Room #2027

101 Merrimac Street

Room 334

One Constitution Center

Room 244

Lafayette Place

2nd Floor, Room 2F (column SS31)

Schrafft Center

Room 4.219

Wellesley Gateway

Room 2187A (Next to K2 conf room)