



DEPARTMENT OF THE NAVY
NAVAL MEDICAL CENTER
34800 BOB WILSON DR.
SAN DIEGO, CALIFORNIA 92134-5000

IN REPLY REFER TO:

NAVMEDCEN SDIEGOINST 6450.2
PHA
04 SEP 1998

NAVMEDCEN SDIEGO INSTRUCTION 6450.2

From: Commander

Subj: POLICY TO SUPPORT BREAST-FEEDING AND HUMAN LACTATION

Ref: (a) Surgeon General's Guidelines on Breast-feeding and Human Lactation
(b) Healthy People 2000 Guide
(c) World Health Organization, UNICEF Global Baby Friendly Hospital Initiative
(d) American Academy of Pediatrics Statement on Breast-feeding Support and Promotion
(e) American College of Obstetricians and Gynecologists Statements on Breast-feeding Support and Promotion

1. Purpose. To establish policy in support of breast-feeding as the preferred form of infant nutrition, by beneficiaries and employees of Naval Medical Center, San Diego (NMCSO).

2. Background. As outlined in references (a) through (e), breast-feeding has benefits for infants and mothers. It provides optimal nutrition for health, growth and development of infants. Parents of breast-fed infants have fewer sick child absences from the work place.

3. Policy. NMCSO strongly endorses breast-feeding as a means of an infant's primary nutrition for at least the first year of life.

4. Action

a. The Health Promotion Department will provide a clean and private place where employees can express and store milk.

b. Directors and Chairmen/Department Heads will:

(1) Support a flexible work plan to allow employees adequate time to express milk.

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(2) Support the employee's decision to breast-feed her infant.

c. The Pediatric Department will provide active duty mothers with an Infant Nutrition Support memo to support the active duty member's efforts to maintain lactation while in her workspace.

d. The Women and Children Nursing Assistant Directorate will provide appropriate training to respective clinical staff members to ensure lactation education, services and support are available to all beneficiaries and employees.

e. Employees will:

(a) Clearly communicate their desire to breast-feed their infant to their chain of command, preferably before commencing convalescent leave and/or regular leave.

(b) Negotiate with their immediate supervisor their need for time away from the workspace, to maintain lactation by pumping, consistent with unit needs and requirements.

f. Directors and Chairmen/Department Heads must ensure that the guidelines provided in this policy are supported and implemented.



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