

Breastfeeding Student Accommodation Form

This form should be completed and placed on file with the appropriate staff member (counselor, principal, school nurse, etc.) while the student is in the third trimester of pregnancy or as soon as possible once returning to school after the baby is born.

Name	Grade
Estimated or Actual Due Date	Breastfeeding Goal: weeks/months

Accommodations needed:

- Private space, that is not a bathroom:
 - Signage specifying privacy is needed
 - Must include seating and access to electricity.
- Access to a cooler or refrigerator for breast milk storage
- Two or three 30-minute breaks daily (timing/frequency to be flexible based on mother’s needs), up to one year after baby’s birthday, for:
 - Expressing breast milk
 - Breastfeeding child directly on-site or nearby childcare facility
 - Cleaning of pump parts
 - Getting to and from class

Time: If the student must miss class to nurse/pump, her absence should be excused and not penalized. The breastfeeding student’s grade cannot be lowered due to poor attendance. She must be given the ability to make up any work missed, and she must be able to get any information/notes missed.

Freedom from harassment: The school must protect the breastfeeding student from harassment or other discrimination based on the fact that she is a nursing mother. Negative comments related to her breastfeeding, lactation, or pumping may constitute illegal sex discrimination or harassment. Title IX prohibits government-funded schools from discriminating against students who are pregnant or parenting. Any negative comments related to her pregnancy, breastfeeding, lactation, or pumping may be constituted as illegal discrimination or harassment.

Your signature below indicates your support and accommodation of the breastfeeding student’s needs.

School Representative Signature and Title	Date

*Recommended follow-up with this student monthly to ensure her needs are met.

Benefits of Supporting Breastfeeding Students

The CDC, AAP and WHO all recommend exclusive breastfeeding for about the first 6 months of life, and then continued breastfeeding with the introduction of complementary foods for at least 1-2 years or longer.

<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/breastfeeding/recommendations-benefits.html>

Schools support their student mothers by recognizing the responsibility she has to both her child and her education. Your support is vital to the student mother's academic and parenting success and is appreciated!

Positive Impact for the School

- **ACADEMIC SUCCESS** - Confidence in breastfeeding and parenting may reflect positively in schoolwork.
- **ABSENTEEISM** - Less unexcused absences and missed schoolwork due to infant's resistance to sickness. https://healthysd.gov/wp-content/uploads/2016/03/School-Breastfeeding-Support-Model-Policy_FINAL.pdf

Positive Impact for the Breastfeeding Student

- **HEALTH BENEFITS**
 - Promotes bonding between mother and baby, reduces the risk of postpartum depression and promotes emotional health.
 - Reduction of mother's risk of diabetes, cancers (breast, uterine, and ovarian), rheumatoid arthritis, and heart disease.
 - Improves bone density and aids in healthy weight loss following delivery.
- **FINANCIAL BENEFITS**
 - Breastfeeding costs significantly less than formula feeding. Programs that aid in the cost of infant formula do not provide all that is necessary to formula feed an infant.
 - Lower healthcare costs because of the health benefits of breastfeeding

Positive Impact for the Baby

- Increases IQ
- Promotes: proper speech development, bonding between mom and baby, and a healthy digestive system.
- Strengthens baby's immune system and decreases childhood/adult obesity, diabetes, risk of infection (ear, RSV, pneumonia, UTI, spinal meningitis, croup, bronchiolitis) childhood cancers, SIDS, and onset of allergies.