The benefits of breastfeeding are widely recognized. Breast milk aids in the development of the baby's own immune system and the health benefits of breastfeeding last a lifetime. A breastfed baby is not only less prone to illness, such as ear infections, respiratory disease, digestive illness, SIDs and more, she/he is less likely to contact other diseases throughout life. For more information on the benefits of breastfeeding please visit http://www.nrdc.org/breastmilk/benefits.asp.

In addition to the health benefits to the child, breastfeeding may also have potential health benefits for the mother including lower risk of cardiovascular disease, diabetes, hyperlipidemia and hypertension. For more information about potential maternal benefits see http://www.womenshealth.gov/breastfeeding.

GVSU recognizes the importance of supporting nursing mothers by providing space for nursing faculty, staff and students for the past several years. To support our nursing mothers GVSU will ensure that they feel supported in their effort to continue nursing their children after returning to work or school, whether they choose to nurse in public or to take advantage of our Rooms for Nursing Mothers. Currently, GVSU provides private and clean space for our nursing mothers and will continue to comply with the newly legislated Protection and Affordable Care Act (PPACA). For additional information on nursing mother’s rights in the workforce and nursing in public, please visit:

The following “Rooms for Nursing Mothers” are currently available on various GVSU campuses:

- Kirkhof Center, Women’s Restroom, Room 1252
- Fieldhouse, Women’s Restroom, Room B-127
- Performing Arts Center (PAC) Women’s Restroom, Room 1404
- Mackinaw Hall, Room B-1-103
- Green Room, Pew Campus – contact Kathleen Wright
- Center for Health Sciences, Room 353A
- Lake Michigan Center Annis Water Resources Institute, Room 217
- MAREC, Room 214
- James H. Zumberge Hall, First floor.

If you have questions or need assistance in securing a private space for pumping milk close to your work area, please contact Sue Sloop at GVSU Work Life Connections, sloops@gvsu.edu or (616) 331-2215.