



SUPPORT FOR *Breastfeeding* MOMS AT UND

The University of North Dakota (UND) recognizing the health benefits of breastfeeding and strongly supports moms as they return to work and school after having a child.

To assist mom and baby with the benefits of breastfeeding, UND passed a “Lactation Support for Nursing Mothers” policy to allow time and space for the expression of breast milk.

The University provides state and federally compliant mothering rooms on campus.

- 6 approved Mothering Rooms (March, 2016)
- Further accommodations can be made if necessary

INFORMATION

Staff/Faculty/Students/Visitors:

www.und.edu/lactation

Student Policy:

UND.edu/student-affairs/code-of-student-life
(Section 1, #22)



PROGRAM IMPACT

“UND’s mothering room really helped the transition back to work for me after having my baby. I found out about the rooms through campus emails well before I needed the room, so that was one less thing to worry about when I returned to work. I felt very supported having a convenient, private place close to my office where I could pump as often as I needed.”

–Dr. Arielle Selya, UND Faculty Member

“We are proud to be designated by the state of North Dakota as ‘Infant Friendly’ for our dedication to work-life harmony for moms to return to work and school with support, time allowances and space to provide breast milk; the best nourishment to their babies and for the self-care of our moms.”

–Kim Ruliffson, Coordinator of Work Well

From 2014-2015, 32 moms used 4 of the tracked rooms totaling 1,439 visits.

CONTACT INFORMATION

University of North Dakota
Work Well, 701-777-0210
Kim Ruliffson, kimberly.ruliffson@und.edu