TOPIC: IN SUPPORT OF INCREASED AWARENESS OF THE NEED FOR ACCESSIBILITY TO QUALITY LACTATING SPACES

SUBMITTED BY: Student Nurses at Penn, (University of Pennsylvania)
Philadelphia, Pennsylvania

AUTHORS: Emma Hovestadt, Jane Foster, John Palmer, Julia Badolato, Alissa Brubaker, Zarah Huo, Sarah Lee, Andrew Kim, Vicky Vo, Liesl Dentinger, Yeng Shao

WHEREAS, High-quality lactation rooms help reduce mothers’ stress levels and support more control of milk expression (Van Dellen et. al 2022); and
WHEREAS, A woman’s access to quality breastfeeding support rooms is associated with continuity of breastfeeding, which is supportive of Sustainable Development Goals established by the United Nations (De Souza et al., 2021); and
WHEREAS, Women should breastfeed or pump for approximately three hours each day to maintain lactation (Henry-Moss et al., 2019); and
WHEREAS, Federal Law states that certain public buildings require a shielded and hygienic lactation room that is not a bathroom, which has to be equipped with, at minimum, a chair, working surface, and electrical outlet (Begum and Widanka, 2021); and
WHEREAS, Public breastfeeding is heavily stigmatized & often viewed as unacceptable, leaving women susceptible to negative emotions & discomfort with public feedings (Sheehan et.al., 2019); and
WHEREAS, The lack of consideration for coziness, spaciousness, and safety of lactation rooms is a stressor for breastfeeding mothers (López-Tarruella et. al., 2019); and
WHEREAS, Increased maternal stress levels are associated with decreased breastfeeding duration and exclusivity due to the interference of oxytocin release (Van Dellen et. al 2022); and
WHEREAS, High-quality lactation rooms are characterized by rooms that address both functional needs, such as lighting, thermal comfort, and aesthetic aspects, as well as psychological needs, such as perceptions of control, positive distraction, and social support (Van Dellen et. al 2022); therefore be it

RESOLVED, that the National Student Nurses’ Association promote increased access to quality lactation suites; and be it further

RESOLVED, that NSNA impress upon its constituents the need to advocate for access to quality lactation suites among key stakeholders and policymakers; and be it further

RESOLVED, that NSNA publish an article about this topic in Imprint, if feasible; and be it further

RESOLVED, that NSNA send a copy of this resolution to the American Nurses Association, American Academy of Nursing, National League for Nursing, American Association of Colleges of Nursing, American College of Nurse Midwives, Child, and
Postpartum Professionals Association, American International Lactation Consultant Association, & all others deemed appropriate by the NSNA Board of Directors.