

The City of Tulsa Support of Nursing Mothers

The City of Tulsa is a strong supporter of breastfeeding. To demonstrate this support, there will be a designated room available for pumping milk at every City location.

Breastfeeding provides significant health benefits for infants that extend to mothers, employers, and the community. The City supports expectant mothers to breastfeed, to continue breastfeeding when they return to work, and to use the designated rooms.

- The **City's Nursing Mothers Policy** is posted online at www.cityoftulsa.org/government/departments/human-resources/personnel-policies-and-procedures/.
- The **Oklahoma Breastfeeding Website** is available at <http://bis.health.ok.gov>.
- The **Oklahoma Breastfeeding Hotline: 1-877-271-MILK (6455)**, a 24 Hour Toll-Free Breastfeeding Support Line, is available for nursing mothers, their families, partners, expecting parents, and healthcare providers. Calls are returned by an International Board-Certified Lactation Consultant (IBCLC).
- For information about the **Preparing for a Lifetime Initiative**, visit the website: <http://iio.health.ok.gov>.

Please contact FMLA or City Medical prior to maternity leave for more information about the designated room at your worksite and breast pump/lactation consultation benefits.

We welcome you to the City of Tulsa and encourage nursing mothers to use the designated room.

FMLA 918-596-7432,
FMLA@cityoftulsa.org, or
City Medical 918-596-7075,
citymedical@cityoftulsa.org



**Preparing
for a
Lifetime**
It's Everyone's Responsibility