

# Monterey County Supports Lactation!

*Monterey County supports lactation while at work or at home!*

Here are a few ways to learn more about the County's lactation policy and available resources:

1. Find the Monterey County **Lactation Accommodation Policy** and the **Lactation Accommodation Request Form** on the County InfoNet under the Policies tab > Personnel > P-210.
2. Check out the **Wellness Lending Library's** many books on Pregnancy, Parenting, and Lactation. To access the Wellness Library, go to the InfoNet homepage and scroll down the banner of options on the right until you find Wellness!
3. Complete the **Monterey County Lactation While at Work Learning Module**, now required for ALL County employees. The self-paced module, found in LMS (click on *WELL: Lactation While at Work*) reviews the County Lactation Policy and presents case studies that reflect typical issues that arise with employees pumping their milk at worksites. Both state and federal laws supporting the policy are reviewed as well. Plan to spend 20-30 minutes to learn about your role in supporting this important health promotion policy.
4. Explore **831Breastfeeds.com**, a website dedicated to lactation resources and full of helpful links... local, state, national, and even international.

