



# How to Support Your Nursing Colleagues



Advocate for a lactation space, especially one that is comfortable, clean, and private.



Be flexible with your schedule. Offer to cover her classroom or other duties such as field trips, extracurriculars like clubs, or before- or after-school events.



Educate other colleagues about breastfeeding benefits for both parent and infant.



If you were a parent who was able to nurse, share resources that were helpful during your breastfeeding journey.



Encourage, encourage, encourage!

