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## **SCSU adds breast-feeding center for staff, students**

*Kate Kompas  
Staff Writer*

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St. Cloud State University will open a breast-feeding center next year for mothers who want privacy while tending to their babies.

Dubbed the "Baby Cafe," the lactation room will be inside the St. Cloud State Women's Center's new facility at Fifth Avenue and Sixth Street South. The room will be available to students and university employees.

In the past, the university has coordinated room arrangements on a case-by-case basis for nursing women who asked for them.

The room will include all the comforts of home: a rocking chair, changing table, electric breast pump and refrigerator for temporary storage of breast milk.

"We believe St. Cloud State has the capacity to become more family friendly as an employer, as all employers do, and we believe this is one step in the right direction," said Jane Olsen, Women's Center director.

Olsen said she has received dozens of e-mails and comments from people praising the Baby Cafe, which is scheduled to open in February.

It will cost about \$2,600 to set up the room, the majority of which is being paid for by the CentraCare Health Foundation, the fund-raising arm of CentraCare Health System.

Olsen said she wants to work with other St. Cloud State officials to help establish additional lactation rooms on campus.

Breast-feeding is natural and to a hungry infant, it's necessary. But some women are nervous about breast-feeding in public.

Here are suggestions from Motherwear, a clothing supplier, on how to ease into it:

-- Be alert for your baby's signals that he or she wants to eat. Find a place to sit and nurse at the first sign of his or her discomfort. Take breaks and breast-feed before heading into busy places such as the supermarket.

-- Wear loose-fitting tops or clothes with nursing openings to minimize the amount of attention. Create your own privacy zone by reading a book or engaging in conversation with a friend.

-- Carry a scarf or baby blanket to drape over your shoulders as you nurse. You also can use a blazer or a sweater.

-- Try nursing a younger baby in a baby carrier. Slings are discreet.

-- Seek out private spots in public places, such as lounges in shopping centers.