

## SCSU introducing Baby Café in February

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ST. CLOUD, Minn. - St. Cloud State University mothers will soon have access to a comfortable, private space designed specifically for breastfeeding or expressing milk. With financial support from the CentraCare Health Foundation, the SCSU Women's Center is renovating an area of its new facility—on the corner of 5th Avenue and 6th Street So.—to provide a lactation room for students and employees.

"Breastfeeding offers many important physical and psychological advantages to mothers and children," said Jane Olsen, Women's Center Director. "So this is one more way that we can help women create balance in their personal and professional lives."

Scheduled to open in February 2004, the lactation room—dubbed "Baby Café" by a Women's Center student employee—will contain a rocking chair, changing table, hospital-grade electric breast pump for women who don't own a pump or prefer not to bring theirs from home, and refrigerator for temporary storage of breast milk. To use the breast pump, women may purchase their own accessory kit from the Women's Center. According to Olsen, sanitary risk associated with the breast pump is minimal since the kit is the only part of the pump that comes in contact with a mother or her milk.

In the past, SCSU has coordinated room arrangements on an individual basis for nursing mothers who request them. The requests typically come from employees who do not have private offices.

"Students are more likely to have difficulty finding private space for expressing milk or breastfeeding," said Olsen. However, she believes that a permanent lactation room might encourage more female employees to consider breastfeeding—especially those who feel uncomfortable asking for special accommodations.

Olsen envisions additional lactation rooms at SCSU in the future. "We hope this initiates discussions in other corners of campus about how to meet the changing needs of women at SCSU," she said.

The SCSU Women's Center mission is to promote women and respond to issues affecting the status of women on campus and in the larger society. For over 14 years, the Center has been providing advocacy, support, educational programming, information, and referral/networking opportunities to the university community.

SCSU undergraduate and graduate degrees balance strong liberal arts programs and foundations with specialized career preparation. The university offers approximately 15,500 students more than 175 majors, minors and pre-professional programs in Business, Education, Fine Arts & Humanities, Science & Engineering, and Social Sciences, and 50 master's