



STUDENT HEALTH CENTER

Lactation Room

MSJC is a proud supporter of breastfeeding and we are committed to supporting our nursing mothers who need to express milk or nurse their child during hours of operation.

We welcome mothers to use our lactation rooms to promote their infants' health and to continue their professional and educational journeys.

Locations:

SJC Health Center

Modular 1540
(951)487-3206

MVC Health Center

Building 700 | RM 723
(951)639-5206

***It takes a village:
Build your
breastfeeding
support network
starting with us!***



Lactation Room

USER'S GUIDELINES

**Welcome, we are honored to support you
in your decision to breastfeed!**

In order to maintain cleanliness and promote safety,
we have the following guidelines:

1. **BOOK THE LACTATION ROOM.** All guests/users must check in with the Student Health Center (SJC Modular 1540 | MVC RM 723) prior to the use of the lactation room. Wait times may vary.
2. **COMMUNICATION IS KEY.** Please give front office staff a timeframe and indicate when you will be done using the room. This will help another mother who may be waiting and to prevent untimely knocks. (The room can be locked from the inside for your privacy).
3. **CLEAN UP AFTER YOURSELF.** A sterile environment reduces the spread of germs! Please leave the room clean and neat - as you would expect to find it. If there are any maintenance or cleanliness issues to report, please notify the front office reception desk in the Student Health Center.
4. **NO STORAGE AVAILABLE.** Unfortunately we do not have the capability of storing breastmilk or personal equipment in the lactation room. Please "pack it in and pack it out"
5. **LET US KNOW WHEN YOU NO LONGER NEED THE ROOM.** If you scheduled an appointment and no longer will need the room please call so that others can be scheduled in your spot.

For hours of operation please visit our website at msjc.edu/HealthCenter

***MSJC cares about helping nursing mothers feel welcome
on campus and have the resources they need to
balance work, school and family.***