

Celebrate the Whole Person

Facts about women, work,
and breastfeeding:

32% of women give up
breastfeeding less than 7
weeks after returning to
work because of workplace
barriers to pumping

The American Association
of Pediatrics recommends
infants be exclusively breast-
fed for 6 months

The World Health Organi-
zation recommends that
children be breastfed to at
least 12 months

Working mothers cite the
three biggest physical barriers
to breastfeeding in the
workplace as the lack of a
private pumping friendly environment,
inflexible work
schedule, and the lack of a
separate refrigerator to store
breast milk

Xavier University is the 3rd
Jesuit university in the
United States to designate
lactation spaces for employ-
ees and students



Healthy People 2010 identifies breastfeeding as a priority for improving the health of the American public, and establishes a goal that 50% of infants in the United States be breastfed for a minimum of 6 months.

The Xavier University Women's Center and Proponents for Parents are launching an awareness and action campaign to establish safe and supportive “M Rooms” throughout campus. Coined “M Rooms,” for Mommies, Milk, and More, “M Rooms” serve as a space for pumping breast milk, nursing and/or feeding infants and children, and associated tasks.

The Xavier University Women's Center and Proponents for Parents is pleased to announce that the Women's Center is designated as an M Room for students, faculty, and employees. The Women's Center is equipped with private rooms, restrooms, sinks, and a hospital-grade, multi-user manual breast pump.

For more information, please contact:
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