## IUPUI Nursing Mothers' Rooms

## Engineering Building, 799 W. Michigan, Room 130A

- Private
- Lockable
- Clean
- Electrical Outlets
- Diaper Changing Station Adjacent
- Sink Adjacent



Contact Maggie Stimming - <u>mstimmin@iupui.edu</u> or 274-5466 - for the form to acquire the pass code needed to access the room.

## Union Building, 620 Union Drive, Room 130

- Private
- Clean
- Furnished
- Electrical Outlets

Contact Maggie Stimming - <u>mstimmin@iupui.edu</u> or 274-5466 for the form to register and acquire the information about the key to the room.

## HITS Building, 410 W. 10<sup>th</sup> (1st floor, north side of building, just past elevator)

- Private
- Clean
- Furnished (including kitchenette)
- Electrical Outlets

To gain access, if you work in that building, have your office director/manager notify Rob Morgan (rjmorgan@iupui.edu) of your need to use the facility. Access is granted for six months, but you can request that access be extended. If you are a visitor to the HITS building and need access to the Nursing Mothers' Room, speak with Don Burgess at the information desk to gain access.

Breastfeeding is recommended by the American Academy of Pediatrics for at least one year after birth because of the associated health benefits to children. In addition, women who have breastfed are less likely to develop breast and ovarian cancers and have decreased risk of hip fractures and osteoporosis after menopause.

Crystal Gold, M.S., a Breastfeeding Peer Counselor and IUPUI employee is available to answer questions that you may have about breastfeeding. Contact her at 274-9681 or <u>cfoutz@iupui.edu</u>.