



BREASTFEEDING POLICY

The Philippine Science High School-CALABARZON Region Campus recognizes the importance of breastfeeding for both mother and baby and hereby supports and promotes breastfeeding.

The Philippine Science High School-CALABARZON Region Campus provides facilities and the necessary support to enable mothers in their employment to balance breastfeeding/breastmilk expression with their work.

Provision of facilities and support includes:

- Lactation breaks. Lactation breaks are compensable breaks. The PSHS-CALABARZONRC will allow employees to express breastmilk in the designated lactation station for a minimum of a 40-minute break in addition to the regular break or as needed.
- Flexibility for breastmilk expression breaks. There is flexibility for employees to take lactation breaks during their workday. These can be negotiated between the mother, employee representative, and supervisor.
- Facilities include a clean, private area with comfortable chair, table, handwashing facilities, and a storage area for a cooler or refrigerator.
- Access to breastfeeding information. Staff and employees are made aware of this policy. All women who are going on maternity leave will be provided with information on how they can combine breastfeeding and work once they return to work.
- Breastfeeding posters and IEC materials should be posted in the designated lactation area.

Employees who are considering breastfeeding can make arrangements for the use of breastfeeding facilities and other support before going on maternity leave. She has to notify the Human Resource Unit (HRU) and the Health Services Unit (HSU) of her intent to use the breastfeeding and other arrangements.


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Campus Director