

Congratulations on the new member of your family!

The **OPS Nursing Room** is available for employees working in or visiting the Operations Center in Dimondale, who have recently had a baby and are providing breast milk for their infant.



It is located on the first floor of the Operations Center, conference room 042 E, just down the hall from the cafeteria. A private, relaxing environment is very important. This room has permanent walls and a door that remains locked. It also has 4 desks and 2 screens. One permanent screen is used to block the view coming in and one movable screen for your personal privacy. A storage cabinet is located in the room. You can store extra supplies, pictures of your children, magazines, or anything you would like to leave in the room.

The schedule for the OPS Nursing Room is posted on the white board in the room. To receive a key or schedule a visit, please contact Patty Lifford liffordpd@michigan.gov (517-636-4131).

HELPFUL WEBSITES:

Michigan Parent Resources

<http://www.michigan.gov/miparentresources>

Click *State Resources and Services*, then *Care for Your Child* to get to [A Mother Friendly Workplace](#) (*Find this flyer there!) and [Just for Dads](#)

Breastfeeding Information by Ross: <http://www.ross.com/BF/default.asp>

Click *Back to Work* to find pamphlet titled, "[Business Backs BreastfeedingTM: A Flexible Workplace Lactation Program for Breastfeeding Mothers](#)"