

Military Breastfeeding Policies

Branch	Deployment	Supervisors	Private Area	Time	Breast Pump Equipment	Other
Air Force	-12 month deferment from deployment after birth of child. -Remain eligible for field training and mobility exercises. BF encouraged.	Supervisors should work with AF members on a plan to continue breastfeeding	Provide private, clean area for milk expression; restrooms are not appropriate	-Arrange schedules to allow 15-30 minutes every 3-4 hours to express milk. - BF is not a reason for granting “excessive” time away from work	AF members supply their own equipment and handle storage of milk. Airmen in the field may need to discard milk collected.	Air Force strongly encourages breastfeeding for first year of infant’s life. Contact MTF or community hospital to ask for a lactation consultant. Airmen may be exposed to environmental contaminants and should discuss with HCP or Occupational Health.
Army	-6 month deferment from deployment after birth of the child. -Remain eligible for field training and mobility exercises. BF encouraged.	Supervisors to work with Army members to create plan to maintain lactation and support mission readiness.	Access to a private space that is not a restroom, with a locking door, flat surface, electrical outlet, and running water within reasonable distance	-Break times not specified. -BF is not a reason for granting “excessive” time away from work.	Army members supply their own equipment and handle storage of milk Soldiers in the field may need to discard milk collected.	Contact MTF or community hospital to ask for a lactation consultant. Soldiers may be exposed to environmental contaminants and should discuss with HCP or Occupational Health.
Coast Guard	-6 month deferment from deployment after birth of child. Separation for Care of Newborn Policy allows a one-time, up to two year separation.	Supervisors should work with CG members to create a plan to maintain lactation and fulfill mission requirements.	Must provide private accommodations for breast milk expression with door that can be secured, running water accessible. Electricity, refrigeration, tables/chair recommended	-Break times not specified. -BF is not a reason for granting “excessive” time away from work	CG members supply their own equipment and handle storage of milk. CG members onboard ship may need to discard milk collected.	Contact MTF or community hospital to ask for a lactation consultant. Coast Guardsmen may be exposed to environmental contaminants and should discuss with HCP or Occupational Health.
Marine Corps	-6 month deferment from deployment after birth of child. -Remain eligible for field training and mobility exercises. BF encouraged.	Report to chain of command as soon as possible to allow for evaluation of the workplace	Servicewomen must be provided, at a minimum, a clean, secluded space (not a toilet space) with ready access to water source	-Break times not specified. -BF is not a reason for granting “excessive” time away from work.	Marine members supply their own equipment and handle storage of milk. Marines in the field or onboard ship may need to discard milk collected.	Contact MTF or community hospital to ask for a lactation consultant. Up to 18 weeks maternity leave granted. Marines may be exposed to environmental contaminants and should discuss with HCP or Occupational Health.
Navy	-12 month deferment from deployment after birth of child. -Remain eligible for field training and mobility exercises. BF encouraged.	MTF and clinic personnel encouraged to develop plans to educate supervisors, Cos, and OICs, including child development centers	Must provide private accommodations for breast milk expression with door that can be secured, running water accessible	-Break times not specified. -BF is not a reason for granting “excessive” time away from work.	Navy members supply their own equipment and handle storage of milk. Sailors onboard ship may need to discard milk collected.	Navy strongly endorses BF for the first year of the infant’s life. Up to 18 weeks maternity leave granted. Sailors may be exposed to environmental contaminants and should discuss with HCP or Occupational Health.

Policies Regarding Breastfeeding & Pumping in the Military

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Air Force- Air Force Instruction 44-102 <http://www.af.mil/shared/media/epubs/AFI44-102.pdf>

The Air Force policy states that AF members shall be authorized 15-30 minutes every 3-4 hours to breast-pump. This should be allowed for approximately 6 months after delivery. The obstetrician or PCM shall annotate on an AF Form 422 that the member wishes to breast pump and makes a request for a room or office that provides adequate privacy for breast pumping be designated to allow AF members to pump. The AF member must supply the equipment needed to breast pump and store the breast milk. The obstetrician, pediatrician or PCM shall annotate on an AF Form 422 a recommendation for deployment for those AF members who choose to exclusively breastfeed (i.e. the infant does not take formula at all.) Breastfeeding/breast pumping AF members may participate in field training and mobility exercises. Decisions to continue to breast pump must be made by the patient, in collaboration with obstetrician or PCM, supervisors, and instructors regarding having a place to safely express and store breast milk

Army- Army Directive 2015-43 (REVISED) Army Breastfeeding and Lactation Support Policy http://www.apd.army.mil/pdf/afad2015_37.pdf

Soldiers must inform their command about their plans to breastfeed after convalescent leave. A space with access to a safe water supply, electricity and a locking door must be made available. No time requirement for pumping is specified (example given of 2-3 times for 15-30 minutes, up to a year after birth of child), that is left up to the supervisor and breastfeeding mother, to balance lactation needs and unit readiness. Breastfeeding mothers are to supply their own equipment for pumping and storage of expressed milk. Breastfeeding mothers remain eligible for training and mobility exercises, commanders are to provide a place to pump during training and exercises. Soldiers will be considered available for worldwide deployment 6 months after giving birth.

Coast Guard- COMDTINST M1000.9 http://www.uscg.mil/directives/ci/1000-1999/CI_1000_9.pdf

Servicewomen should obtain information from their care provider relating to breastfeeding education, care, counseling and support during the pregnancy, after delivery and on return to work. If the servicewoman opts to breastfeed after returning to duty, the member and the command should communicate to address any concerns or issues. 1. Lactation Facility: Ensure the availability of a private, clean room for expressing breast milk during the workday. When space is limited, a multi-purpose room (i.e. duty room), stateroom, or berthing area may be used as long as privacy can be assured for the time required. The facility shall be as close as possible to a water source for washing hands and rinsing equipment and equipped with electrical outlets, a table and chair. It is preferable that this space not be a head unless the head is equipped with a lounge type of area. 2. Storage: Ensure access to cool storage for express breast milk. Access to refrigeration is ideal, however if no refrigerator space is available, the service member will supply cold packs for storing milk. Access to a freezer compartment is necessary if the workday extends beyond 12 hours. Breast milk should be contained and labeled by the service member to avoid contamination by other items located in the vicinity. 3. Lactation Breaks: Through communication between the supervisor and member, most assignments can accommodate creative use of time to accomplish mission and accommodate the service member's desire to breastfeed. Lactating service members should be allowed a flexible schedule for pumping, within the limits of mission requirements. Arrangements should be discussed/negotiated between the service member and her supervisor. Requests to breastfeed infants during duty hours should be handled on a case-by-case basis; however, breastfeeding an infant is not a reason for granting excessive time for meals or away from work. Servicewomen... will not normally be transferred to afloat units, aviation units or OCONUS that are deploying during the period from the 20th week of pregnancy through 6 months after the servicewoman's date of delivery.

Coast Guard – COMDINST M1000.6 <http://isddc.dot.gov/OLPFiles/USCG/010564.pdf>

Under this policy, career oriented officers and enlisted members are allowed a onetime separation from Active Duty for up to two years to discharge parental responsibilities to care for newborn children (CNC). This policy allows a member to separate with a guarantee of reenlistment or a new officer appointment upon return to Active Duty on meeting physical and other qualifying standards. While not a breastfeeding policy, it certainly can be helpful for breastfeeding mothers.

Marine Corps Order 5000.12E <http://www.awhonn-af.org/resources/MCO5000.12E.pdf> **MARADMIN 358/07**

Servicewomen who desire to continue breastfeeding upon return to duty will notify their chain of command at the earliest possible time to allow the command to determine how best to support them and facilitate the prompt evaluation of the workplace for potential hazards. When possible, the servicewoman who continues to provide breast milk to her infant upon return to duty shall be, at a minimum, afforded the availability of a clean, secluded space (not a toilet space) with ready access to a water source for the purpose of pumping breast milk. The time required for breast milk expression varies and is highly dependent upon several factors including the age of the infant, amount of milk produced, pump quality, the distance the pumping location is from the workplace, as well as how conveniently located the water source is from the pump location. Supervisors and lactating Servicewomen will collaborate to keep to a minimum the amount of time required for milk expression. Lactation consultants are available at the MTF to assist in this endeavor. Servicewomen will not normally be transferred to deploying units from the time of pregnancy confirmation up to 6 months from the date of delivery.

Navy OPNAVINST 6000.1C [http://doni.daps.dla.mil/Directives/06000 Medical and Dental Services/06-00 General Medical and Dental Support Services/6000.1C.PDF](http://doni.daps.dla.mil/Directives/06000%20Medical%20and%20Dental%20Services/06-00%20General%20Medical%20and%20Dental%20Support%20Services/6000.1C.PDF)

Navy BUMEDINST 6000.14 <http://www.awhonn-af.org/resources/BreastfeedingInstruction6000.14.pdf>

Servicewomen should be provided access to educational information from didactic materials, a lactation consultant for breast care, breastfeeding education, counseling, and support during the pregnancy, after delivery, and on return to work. When possible, CO shall ensure the availability of a private, clean room for expressing breast milk. There should be ready access to running water and refrigeration for safe storage of breast milk. Requests to breast feed infants during duty hours should be handled on a case-by-case basis; however, breastfeeding an infant is not a reason for granting excessive time for meals or from work. Servicewomen may not be transferred to units that are deploying during the period from the 20th week of pregnancy through 12 months after the servicewoman's expected date of delivery.