

Supporting Breastfeeding in Child Care and Workplace Settings



Lactation rooms do not need to be big or expensive. In fact, many organizations find that small rooms work well and are less in-demand than larger areas. **At a minimum, the room should:**

- Be accessible to employees with disabilities
- Assure privacy with a lock that locks from the inside
- Have electricity for a breast pump
- Have adequate lighting and ventilation
- Have appropriate hand washing and cleaning supplies

Ideally, a lactation room would also be **centrally located and provide the following:**

- Sink or close proximity to a sink
- Refrigerator
- Separate temperature control
- Hospital-grade pump
- Nursing stool
- Attractive décor

Soothing colors that promote relaxation such as light greens and blues can be used. Many organizations choose to decorate the room to look like a nursery, or with baby pictures, to encourage rapid "let-down" of milk—and minimize pumping time.

Lastly, the cost of establishing lactation rooms varies greatly based on the setup and design of each individual room. The majority of these costs are incurred up front when the room is established, but the lactation room budget should **include recurring costs of providing the following:**

- Chemical sanitizer
- Disposable towels
- Roll of masking tape and a permanent pen so mothers can label their breastmilk with their name, date and time immediately after pumping
- Other items that the employer chooses to supply (e.g., a breast pump)

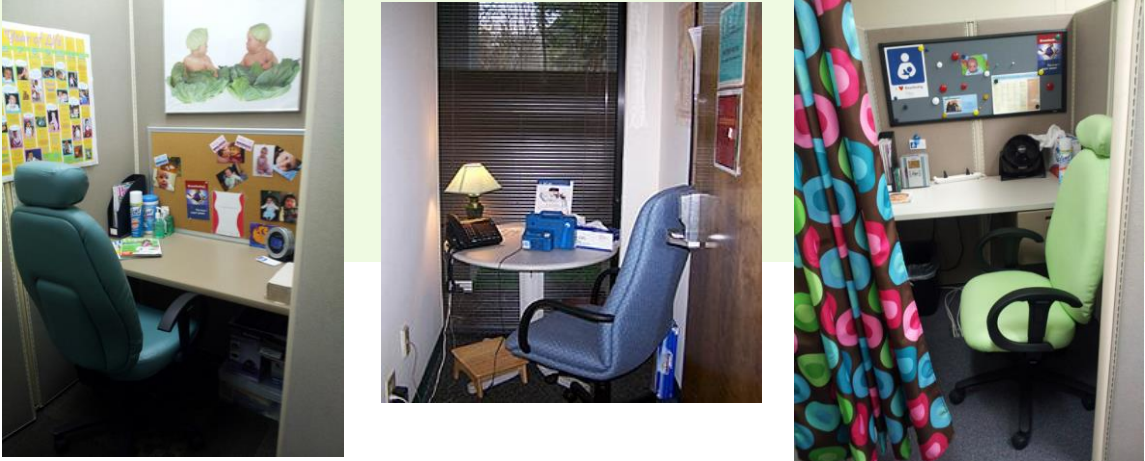
Lactation Room Options

Basic Model	Even Better	State of the Art
Electrical Outlet (standard 110V)	Same as “Basic” model	Same as “Basic” model
Room locks from the inside	Same as “Basic” model	Same as “Basic” model
Comfortable chair	Footstool is included	Recliner
Table or flat surface to hold the breast pump	Same as “Basic” model	Same as “Basic” model
Disinfectant wipes	Same as “Basic” model	Same as “Basic” model
Room is located near a source of running water	Room has sink with running water	Same as “Even Better” model
Employee brings her own attachment kit if hospital-grade pump is used	Employer pays for rental of a breast pump, or provides a hospital-grade multi-user electric breast pump that is purchased or rented	Employer subsidizes or provides a portable electric breast pump, or provides a hospital-grade multi-user electric breast pump Breast pumps are also provided for partners of male employees
Employee brings her own attachment kit if hospital-grade pump is used	Employer subsidizes the cost of attachment kits for hospital-grade pump	Employer provides the attachment kit for employees
Employee stores milk in a public area refrigerator or personal cooler	Employer provides personal coolers for storing milk	Employer provides a small refrigerator within the room for storing milk
Room is clean	Attractive wall hangings, floral arrangement, etc.	Soft lighting
	Bulletin board for posting baby photos and notes of support	Same as “Even Better” model
	Educational Resources available	Same as “Even Better” model Telephone available for employee to check voicemail messages
	Desk or table top space is provided	Computer terminal with internet access is available

Examples of Lactation Rooms at Various Child Care Locations



Examples of Lactation Rooms at Various Work Places



Bloomington Public Health - Adapted from the Business Case for Breastfeeding, 2008, DHHS <http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/easy-steps-to-supporting-breastfeeding-employees.pdf> (Accessed 7/31/14) and Supporting Breastfeeding in Child Care Settings, Train the Trainer, Eagar to Learn 2014.