

## *Setting up "A Lactation Room"*

Although not required by law, many employers designate a specific room for mothers who express milk at work. These rooms are commonly referred to as "Lactation Rooms", or "Nursing Mother's Rooms". At a minimum, these rooms should include a table, chair and an electrical outlet. Beyond that, there are many other items to consider including:



- **Electric Breast Pumps can be rented or purchased.**

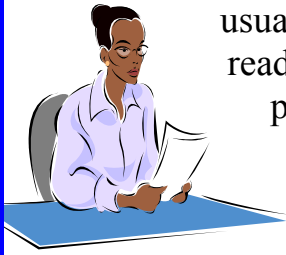
A quality electric breast pump is generally more effective for expressing breast milk and maintaining a mother's milk supply than a manual pump. Mothers who maintain their milk supply tend to breastfeed longer than mothers who begin supplementing their baby's diet with infant formula.

Employees can share an electric breast pump by staggering their break schedules. If you have more than 200 employees, consider purchasing more than one pump. A quality electric breast pump will last for years and is an excellent investment.

- **Double pumping kits compatible with the electric breast pump for breastfeeding employees.** A double versus a single pumping kit attaches to the electric pump, and allows mothers to express milk from both breasts at the same time. This is advantageous as it shortens the amount of break time needed for expressing milk. Pump kits are intended for one user, and are not shared, or returned.
- **A small refrigerator or ice chest for employees to store their breast milk separate from the employees refrigerator.** If the employee is away from home, her milk is best kept cool. Employees may be more comfortable storing their breast milk separate from the employee refrigerator.
- **A clean sink (if an existing sink is not close to the employees work area) for washing bottles and pumping equipment.**
- **Pleasant décor for the room, a bulletin board for employees to display pictures of their babies, and a CD or tape player for relaxing music.** A relaxing environment facilitates "let down" which is necessary for milk flow.
- **A footstool** - This can provide additional comfort, particularly for women of short stature.

## Setting Up "a Lactation Room", Continued.

- **A stand to place a book or papers so the employee can read hands-free.** Both hands are usually required for pumping, but many women get bored pumping and prefer to read while waiting. Depending on the employee's job, she may be able to spend a portion of the pumping time working.



- **Breastfeeding books, or articles.** Mothers will appreciate this display of support from her employer.
- **A roll of masking tape and a permanent pen** so mothers can label their breastmilk with their name, date and time immediately after pumping.
- **Decorative curtains or other type of partition for privacy** if more than one employee will be using the room at the same time.