

Setting up "A Lactation Room"

Although not required by law, many employers designate "a Lactation Room" specifically for mothers who express milk at work. At a minimum, a lactation room 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.**

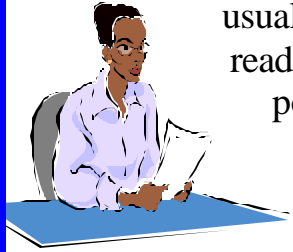
A quality electric breast pump is generally more effective for expressing breast milk and maintaining a mother's milk supply than a manual pump. Mothers who maintain their milk supply tend to breastfeed longer than mothers who begin supplementing their baby's diet with formula.

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

- **Double pump kits compatible with the electric breast pump for breastfeeding employees.** A double versus a single pump 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 for employees to store their breast milk separate from the employee refrigerator.** Just like cows' milk, breast milk must be kept refrigerated to prevent spoiling. Employees may be more comfortable storing their breast milk separate from the employee refrigerator.
- **A 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 Foot Stool** - 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.