

Lactation Space Guide

Supporting your new parents with their breast milk feeding goals as they return to work is essential to having a productive, family-friendly workplace. Here is our guide to help you create an ideal pumping room in your workplace.

Know What's Required

It's important to know what you are required to provide to your new parents. Visit [mamava.com/breastfeeding-laws](https://www.mamava.com/breastfeeding-laws) for a state-by-state breakdown of the laws protecting breastfeeding women.

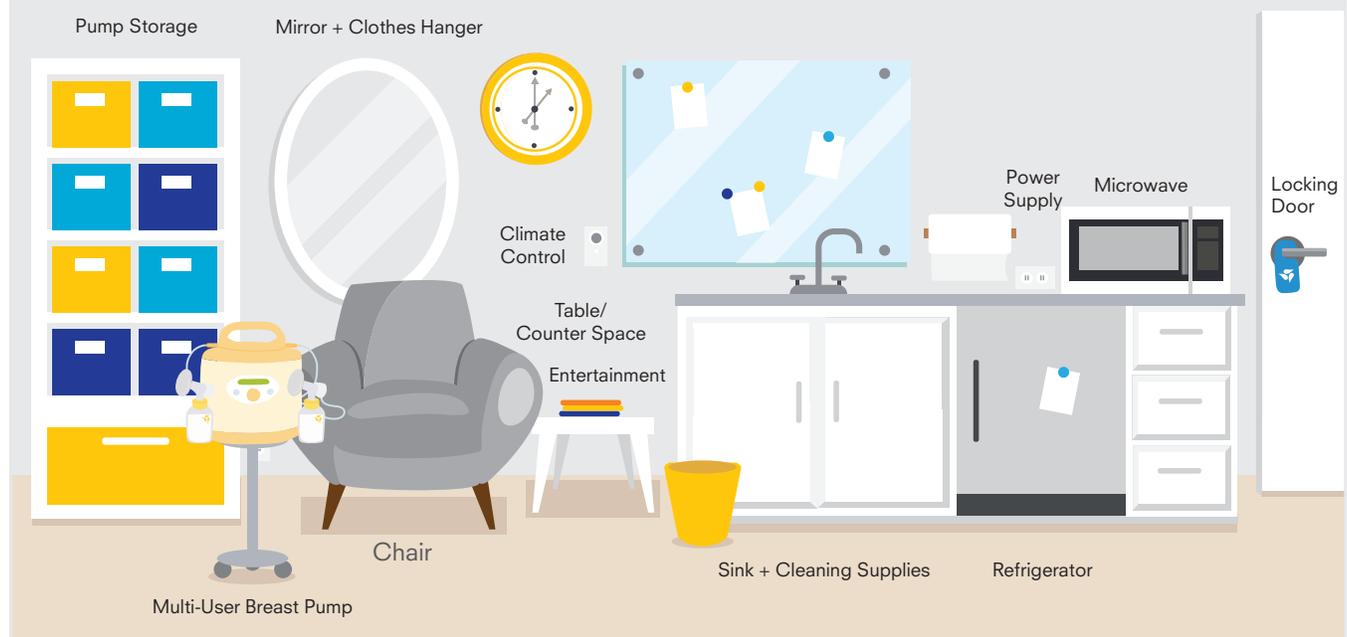
Create the Space

Provide your new parents with a dignified, intentional, and comfortable place to pump. See below for a sample layout of an ideal single-user pumping room for a small to mid-sized business.

Gather Supplies

See page 2 for a checklist of pumping room essentials.

Tip: Need a room solution to support multiple women at one time? Consider adding privacy options like screens or curtains to divide your room into stations. Don't forget to have enough storage space and seating for everyone!



Note: This is Medela's ideal pumping room. We understand that all employers work with different resources and space, so please view this recommendation as a guideline only.

What?

Why?

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| Comfortable Seating | For pumping parents, comfort is key. Have comfortable seating near a table and electrical outlet for mom to use while pumping. Consider easy-to-clean chair materials when choosing seating. |
| Table | Have a table or surface near the room's seating for mom to place her breast pump on, as well as space near the sink to clean and organize her breast pump parts. |
| Privacy Features | Create a private, secure atmosphere for pumping moms by having a door with a lock and window covers in the pumping room. Sound-dampening features such as rugs or wall covers can add an extra sense of security and care to a room as well. For rooms that don't require a schedule system, a "do not disturb" door tag is a great way to let people know the room is in use. |
| Refrigerator | Breast milk must be stored in a cool place once collected. Having a small refrigerator in the room allows employees to store their breast milk separately from the break room fridge. |
| Multi-User Breast Pump | Consider purchasing or renting a multi-user breast pump to have on-site for employee use. The Symphony PLUS® Breast Pump is a great option. |
| Power Supply | Many new parents will be using electric breast pumps that require a power source while pumping. Raising power sockets to counter-level makes it easier for them to set up their pumping station. |
| Sink + Cleaning Supplies | A small sink with soap, paper towels and a waste bin will help employees clean the space and their pump parts after a pumping session. Including a microwave for sanitizing breast pump parts can improve the clean up process. |
| Mirror + Clothes Hanger | A place to hang her clothes and a mirror to check her appearance afterwards will help your employee make sure every tuck and button is in the right place before getting back to work. |
| Entertainment | A magazine rack or reading materials can help new parents relax during their pumping sessions. |
| Climate Control | Since your new parent will be partially undressed during pumping, having a thermostat in the room for personal climate control is extremely helpful in maintaining a comfortable atmosphere. |
| Scheduling System | Set up a way for employees to reserve the space ahead of time. This allows them to plan pumping sessions around their work responsibilities, and ensure that the room is available when they need it. |
| Pump Storage | Provide employees with a secure place to store their breast pump and parts in the room. |

To learn more about how to set up your employer group account, visit www.kinbenefits.com.