

**Basic Needs:**

- Safe, clean, private room
- Electrical Outlet (standard 110V)
- Room locks from the inside
- Comfortable, upright chair
- Table or flat surface to hold the breast pump
- Disinfectant wipes
- Room is located near a source of running water

**Basic Needs Plus:**

- Footstool
- Room has a sink
- Room has a refrigerator for storage of breast milk
- Bulletin board for posting baby photos, notes of support, educational resources
- Aesthetics: Room is painted in a soothing color, attractive/soothing artwork or room décor, consideration given to sound-dampening wall/floor coverings (to mask sound of pump), soothing music (or docking station for employee to connect to their own mp3 player or phone)
- Personal, locking storage compartments for each nursing mother
- Microwave for sterilization purposes
- Lighting: Option to use standard workplace lighting or switch on a more soothing table lamp
- Telephone/computer access for worker safety and productivity
- Clock/clock radio
- Door hanging to show room is occupied (or a deadbolt that displays an “occupied” message)
- Useful accessories: trash can, coat rack/hooks, mirror, paper towel dispenser

**Don't forget:**

*Besides creating a space for breastfeeding employees to safely and comfortably express milk, a comprehensive workplace breastfeeding program also includes making time available to nursing mothers to express milk, breastfeeding education and workplace support. And do not forget to promote your lactation room and benefits to current, new, and prospective employees!*