

Twin Cities Regional Breastfeeding Coalition (TCRBC)

Lactation Space Guidelines

Required:

- Be in an accessible location, within 5 minutes or less of breastfeeding employees' workstations
- Be a private space, (not a bathroom), that is shielded from view and free from intrusion by coworkers and the public.
- A locking door is ideal. If a locking door cannot be provided, the employer must be able to explain how they ensure privacy. (State & federal law)
 - User operated lock is ideal
 - Best if has an "occupied" sign when in use
- Include access to an electrical outlet (State law)
- Include a comfortable chair (fabric or material designed for easy cleaning is recommended)
 - Upright or adjustable best for pumping
- Include a small table or surface to support pumping equipment
- Have or be located near clean refrigerator space for milk storage
- Have or be located near a place to wash hands and clean pump equipment

Extras:

- Have Breastfeeding resources available (ask TCRBC about this)
- Soft lighting, and a relaxed atmosphere help with milk flow
 - an ottoman or footstool, framed photos or posters, and a place for mothers to post photos of their infants
- A locker or hooks for a woman's belongings (helpful for employees who do not have their own office space or cubicle)
- A full-length mirror to readjust clothing after pumping
- Cleaning supplies to keep the space clean
- Trash can
- Room is on the regular cleaning schedule

Considerations:

- Although not required, a permanent lactation space may be best, or either way, it should be available whenever a mother/lactating parent needs to pump or express milk.
- The number of lactation spaces available should depend on the number of employees of child birthing age in the building/using the space
 - In general 1 space per 50-100 women is a good rule of thumb
- Using the term "lactation space" is more welcoming than using the term "mothers room"
- Considering offering/advertising the space for parents and other people who also visit to the school

Resources:

Lactation Space

<https://www.womenshealth.gov/supporting-nursing-moms-work/break-time-and-private-space/location-breaks>

Laws and how to support nursing parents at work

<https://www.womenshealth.gov/supporting-nursing-moms-work/what-law-says-about-breastfeeding-and-work/what-employers-need-know>

Example Photos:

