

# Checklist of Best Practices to Consider for Optimal Breastfeeding Accommodations:

## ☐ Physical Environment: Indoor Lactation Space

### ESSENTIAL ELEMENTS:

**Clean, private space with:**

- Access to electricity (outlets)
- Comfortable seating
- Ability to secure entry to avoid intrusion

**Routine cleaning regimen** for private space, provided by the business

**Privacy Signage**

### PREFERRED ELEMENTS:

**Access to:**

- Refrigerator or personal cooler (to store expressed milk)
- Multi-user breast pump (to pump more quickly and efficiently)
- Sink with hot and cold running water (to clean breast pump supplies)
- Microwave (to sterilize breast pump supplies)

**Room décor:**

- Natural or soft lighting
- Clock
- Full-length mirror to help mothers check/adjust clothing
- Calming décor, comfortable temperature, and pictures of babies (to encourage milk flow)
- Table for breast pump
- Wastebasket

## ☐ Physical Environment: Mobile Lactation Space - Employees working primarily outdoors or traveling

### ESSENTIAL ELEMENTS:

**Clean, private space with:**

- Pop-up tent or outdoor shelter
- Breast pump battery pack
- Collapsible seating

**Privacy Signage**

### PREFERRED ELEMENTS:

**Access to:**

- Hand sanitizer
- Vehicle windshield cover, if applicable
- Collapsible flat surface to hold breast pump

## ☐ Communications

### ESSENTIAL ELEMENTS:

**Schedule/Sign-up Sheet** for use of mother's room (online or posted)

Program manager or **contact person** at organization available to answer questions regarding nursing mother's program

### PREFERRED ELEMENTS:

**Access to:**

- Training/education for coworkers and supervisors on the necessity and benefits of expressing breast milk in the workplace
- Bulletin board with information about lactation consultants, guidance counselors, pumping schedule, local events, etc.
- Pamphlets or other educational materials on pregnancy, breastfeeding, parenting, etc.