



HOW TO MAKE

The Perfect Lactation Room

Having a safe, private space to express milk at work is a benefit for both moms and employers. Get started building your perfect lactation room with the checklist provided.

Checklist

- Side table
- Electrical outlets
- Mini refrigerator
- Comfy chair
- Solid door
- Occupancy sign
- Calming decor
- Good lighting
- Pictures of your baby/ babies

If possible, a sink for washing hands and parts is also suggested or in a room nearby.