



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

- Comfortable chairs
- Side tables
- Mini refrigerator
- Wastebasket
- Solid door
- Occupancy sign
- Electrical outlets
- Good lighting
- Calming artwork or pictures of baby

A sink with cleaning supplies for washing hands, pump parts, bottles & tubes is also recommended, if possible.