

HOW TO BUILD 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 below.



- SIDE TABLE
- GOOD LIGHTING
- CALMING ARTWORK/ACCESSORIES
- SOLID DOOR W/OCCUPANCY INDICATOR

- ELECTRICAL OUTLETS
- MICROWAVE
- MINI REFRIGERATOR
- COMFORTABLE CHAIR

*IF POSSIBLE, A SINK FOR WASHING HANDS AND PARTS IS ALSO SUGGESTED IN ROOM OR NEARBY.