

# Lactation Space Checklist

## Home & Work

Having a safe, comfortable space to pump or breastfeed is an important part of continuing your breastfeeding journey. Get started building your perfect space, whether at home or at work.

Start with some of these essentials.

- ☐ Comfortable chair
- ☐ Side table
- ☐ Wastebasket
- ☐ Occupancy sign for at work
- ☐ Electrical outlets
- ☐ Good lighting
- ☐ Calming artwork or pictures of your baby
- ☐ Access to a sink and refrigerator

### Consider some of these add-ons:

- ☐ Spare pump parts
- ☐ Milk storage bags and a pen for labeling
- ☐ Hands-free pumping bra, nursing pads, nipple cream
- ☐ Breastfeeding pillow
- ☐ Water bottle
- ☐ Hand sanitizer
- ☐ Cleaning supplies for pump parts like wipes, dish soap, and a scrub brush
- ☐ White noise machine
- ☐ Hair clip for your hair (also works to hold up your shirt while pumping!)
- ☐ Healthy snacks
- ☐ Small pump basket with snacks or notes - great for a shared workspace!