



An electrical outlet

Lock on door

Safe, clean environment

Chair and shelf or table for breast pump

Access to nearby running water.

# Nursing Area Options:

Setting up an area for nursing moms if your facility is very large.

- The amount of space needed for a lactation room is minimal.
- The size can be as small as 4' x 5' to accommodate a comfortable chair and a small table or shelf for a breast pump.
- While examining options, involve facilities management staff along with at least one breastfeeding mother, possibly an employee, experienced in milk expression. This will increase awareness of the importance of allocating space for lactation rooms in future building renovations or additions.
- A space that is an infrequently used like an existing office space or other room.
- A space that is infrequently used near an employee lounge or other area where a sink is available.
- A clean, infrequently-used closet or small storage area.
- A small corner of a room to section off with either permanent walls or portable partitions.
- A walled-off corner of a lounge adjacent to the women's restroom.
- Adapting a "small unused space" that is currently not well-utilized.
- A conference room, a vacant office, a storeroom or a dressing room.

