

# Establishing a Breastfeeding Room

## Breastfeeding Friendly Workplaces

The space and requirements needed for breastfeeding are quite minimal.

The most important aspects for a breastfeeding employee when she returns to/begins work, are that she feels supported, comfortable and safe. If she is expressing she will require a greater degree of privacy than directly feeding her child. A safe and comfortable environment also helps a woman physiologically relax for efficient milk expressing.

### SPACE

The space may be a specifically dedicated room or another private space

### PRIVACY

Lockable door with own access key or swipe card.  
If glass panels or doors, have blinds fitted.

### COMFORT

An appropriate temperature;  
A low comfortable chair etc.

### ACCESS

Providing access to a space for breastfeeding can look different for different mothers and employers.

### EXTRAS

Small table or shelf;  
Nappy change table;  
Small fridge;  
Sink with hot & cold water etc.

### CLEANING

The breastfeeding room should be cleaned on a regular basis

*Some women are happy to breastfeed in public, if this should be the case for an employee, she should be supported to breastfeed anywhere in the workplace a child is safely allowed to be.*