

# LACTATION ROOMS

A growing number of workplaces are beginning to add lactation rooms.

## What is the purpose of a lactation room?

Breastfeeding is a healthy way to feed a baby and provides economic benefits to families and employers. Many mothers and birthing parents return to work soon after their baby is born and need a space to comfortably pump and store breastmilk.

## What are the design considerations?

- Privacy/lockable door
- Table and comfortable chair
- Electrical outlets

### If possible:

- Sink nearby for cleaning supplies
- Access to a refrigerator/freezer



## Public Health encourages supporting nursing parents!

Breastfeeding is not only great for community health—it's good for business! Breastfeeding-friendly businesses have been shown to have lower medical costs, reduced turnover, and lower absenteeism rates.

## Where can I find more information?

On our website you will find information on:

- Laws regarding breastfeeding and legal protections for families
- Public pumping and lactation rooms in Dane County
- Local lactation resources

[www.publichealthmdc.com/health-services/breastfeeding](http://www.publichealthmdc.com/health-services/breastfeeding)  
Updated Sept 2022

Funded in part by the MCH Title V Services Block Grant, Maternal and Child Health Bureau, Health Resources and Services Administration, U.S. Department of Health and Human Services.