

PUMPING ROOM AMENITIES IN THE WORKPLACE

MilkWorks

LINCOLN & OMAHA



What are the “MUST HAVES”?

- Locking door (must be free from intrusion from coworkers & public)
- Sign on door to indicate when room is in use
- Table for pump & pump parts
- Comfortable chair or rocker
- Access to running water
- Disinfectant wipes
- Clean room

What is “NICE TO HAVE”?

- Table large enough to hold pump, pump parts, brochures, Kleenex, etc. that is positioned near outlets. It's even better if the table is large enough to hold laptop/notebook/etc. if mom needs to work during breaks to help make up time.
- Stool and/or footrest
- Extension cord
- Enough plug-ins or a power strip (to use for pump, phone charger, laptop, etc.)
- Option to pump while working if mom desires to work at her desk (Freemies)
- Divider if room is used by multiple moms at once
- Lamp (instead of bright overhead lights)
- Hand sanitizer
- Paper towels & Kleenex
- Temperature control/space heater/blankets - enough to be comfortable
- Schedule if multiple moms are using the space - either paper in room or electronic (30 minute increments)
- Artwork on the walls
- Phone

How about going ABOVE & BEYOND!

- Counter & sink (break room & bathroom sinks are not always the cleanest!)
- Mini-fridge – it's often difficult to find room in break room fridges for parts/milk & it may also cause discourse among coworkers.
- Storage lockers
- Hospital Grade Breast Pump (HGBP – closed system that allows use between multiple users)
- Stipend for pump parts if HGRP is available
- Basket with a few amenities, such as extra breast pads, healthy snacks (nuts, nut butters, dried fruit, etc.), small bottles of water, extra milk storage bags, etc.
- White board/message board/notebook for moms to pin up photos of their babies and leave messages for the other moms using the space. This promotes support & community!
- Stocked magazine rack
- Microwave for sterilizing parts
- A mirror to check appearance before leaving (& make sure no visible spills on clothing!)
- Extra pillow for back support if needed
- Television
- WiFi

Creating a healthier community by helping mothers breastfeed their babies | www.milkworks.org

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