



Specific Recommendations for Enhancing Lactation Space Accessibility

LOCATION CONSIDERATIONS

- An ADA accessible space (ideally, 7x7 ft for a single user)
- Sufficient space for all pumping needs based on rate of maternity leave (or ~1 room/100 people)
- Consider multi-user space at conferences and in buildings with a large capacity/demand
- At least 1 lactation space accessible within 5-7 minutes from users' primary work area.
- A directory of spaces, signage, and a reservation system
- A door lock or restricted access and indicator when room is "in use" on the door.
- Barriers to use minimized (e.g. users shouldn't need to request a key for every use)
- Consideration of access need for all workplace occupants, including all staff levels and visitors
- Good temperature control and internal light control.
- Sound privacy
- Flooring materials that can easily be cleaned

MECHANICALS AND APPLIANCES

- Outlets near chairs where users will be sitting, preferably at counter height
- A flat surface for the breast pump and bottle preparation (ideally 24-inch-deep counter)
- Multi-user, hospital grade pumps should be considered in certain environments
- A refrigerator that can be accessed at any time for milk storage (even when room is in use)
- A sink for washing pump parts
- Storage space for pump/clothing between sessions that can be accessed at any time
- A microwave for sanitizing pump parts

FURNITURE AND AMENITIES

- Comfortable, sanitizable chairs
- Trash can
- Cleaning supplies for spills

- Hand sanitizer
- Artwork/design features that make the room less sterile and more welcoming
- A mirror to adjust clothing after pumping
- Coat rack or hooks

Additional information on designing ideal lactation spaces can be found below,¹ along with general considerations for hosting child-friendly conferences.²

OUR RECOMMENDATIONS

- Advocate for the above considerations at your institution
- Share this sheet with appropriate decision-makers
- If you are in a position to provide these accommodations, consider the above recommendations and help normalize the need for lactation spaces whenever possible

REFERENCES

1. https://www.architectmagazine.com/practice/priming-the-pump-lactation-room-design-guidelines_o
<https://www.elle.com/culture/career-politics/g28143/the-best-lactation-rooms-across-america/>
<https://www.workingmother.com/most-impressive-company-lactation-lounges-in-us#page-3>
<https://www.fastcompany.com/90163920/what-happens-when-moms-design-a-lactation-room>
2. <https://www.pnas.org/content/pnas/early/2018/03/01/1803153115.full.pdf>