

# CHILD CARE TIPS

## Child Care Health Consultation



## Creating a Breastfeeding-Friendly Space

Supporting mothers, including staff, to breastfeed their babies or express breastmilk at child care can be easier than you think. Welcome moms to breastfeed in the classroom, and provide a private space for those who wish to use it.

### Location

- **Public, in the classroom:** Moms should be free to breastfeed anywhere the baby would otherwise be bottle-fed. Even if a private space is available, a breastfeeding mom and baby cannot be forced to go there.
- **Private but multipurpose:** This could be a chair in the infant sleep area or other nearby spot that also serves another purpose, such as a meeting room, classroom, office, storage area or employee lounge. Mothers should be able to breastfeed or pump without fear of being disturbed.
- **Private and dedicated:** This space is only for breastfeeding and/or breastmilk expression. It is large enough to hold a chair, a small flat surface to hold a pump, and an electrical outlet. It could have space for just one mom, or be subdivided to hold several moms at the same time.



His Kids Development Center,  
Raleigh, NC



Nursing/Calming Room, Child Development Center of the Bluegrass, Lexington, KY



**Kentucky Public Health**  
Prevent. Promote. Protect.

***A space within a toilet area is not permitted by law.***

## Privacy

Mothers who wish to breastfeed or pump should be offered a private space free from intrusion. Sometimes moms choose such a space for modesty reasons, to minimize distractions for the older baby, or because they do not wish to breastfeed in front of other staff or participants.

- If the space cannot be locked, protect the privacy of nursing or pumping moms with in-use signage and by posting the room use policy. This informs other workers and mothers when the space is occupied.
- Curtains or partitions inside the door provide additional privacy if the door is opened from the outside, especially in a larger multi-purpose room.
- Use curtains, screens, partitions, or dividers to create individual spaces within a larger room if there will be several moms be using the space at the same time.
- Translucent window cling can block view into the room without blocking light.



If temporary structures like curtains, screens or partitions are used, confirm that infants or toddlers cannot pull or knock them down, creating a risk for injury. Assure that there are no hanging cords or sharp edges.

## Accessories

A nursing or pumping area needs little beyond a chair, a small flat surface to hold a pump, and an electrical outlet. Most moms will bring all of the other items they need, including their own pump. The following can be helpful:

- Shelving or cabinets for moms to store equipment or supplies they need for pumping or feeding
- Soft lighting to relax mom and baby
- A refrigerator to store expressed milk.
- Tape and permanent markers to label expressed milk
- Sink and washing up area for hands and pumping equipment in the room or nearby
- Breastfeeding posters, literature, and lists of local resources

Assure that any accessories are out of reach of infants or toddlers who might also be in the area.

For more information, visit the following:

<https://www.womenshealth.gov/breastfeeding/employer-solutions/index.html>

<https://healthykidshealthyfuture.org/5-healthy-goals/support-breast-feeding/>

<https://www.dol.gov/whd/regs/compliance/whdfs73.htm>