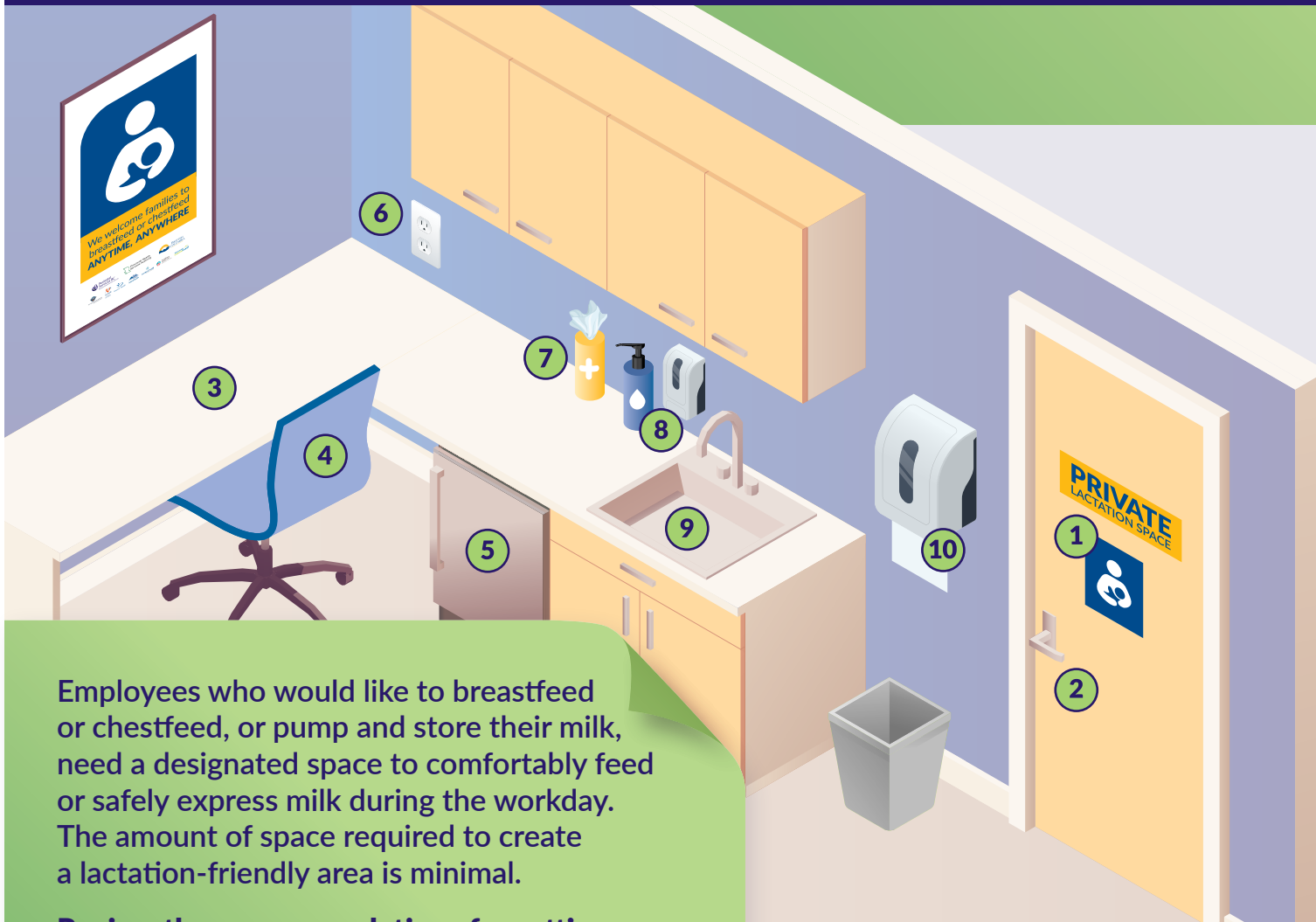


# Create a lactation-friendly space in your workplace

## Set-up guide



- 1 **Room signage**  
(including privacy indicator)
- 2 **Privacy screen option**  
(such as a door, curtain or room divider)
- 3 **Counter for pump**
- 4 **Chair**
- 5 **Food safe fridge**
- 6 **Electrical outlet**
- 7 **Disinfectant wipes**
- 8 **Hand cleaning product**
- 9 **Sink** (cold and hot water dispenser)
- 10 **Paper towel dispenser**  
(trash can underneath)

Employees who would like to breastfeed or chestfeed, or pump and store their milk, need a designated space to comfortably feed or safely express milk during the workday. The amount of space required to create a lactation-friendly area is minimal.

**Review the recommendations for setting up a dedicated lactation space in your workplace.**

# Create a lactation-friendly space in your workplace

## Employer benefits for supporting lactating employees:

Health Canada recommends infants breastfeed or chestfeed exclusively for the first six (6) months of life and to continue to receive human milk until two (2) years of age and beyond. As an employer, you can support continued breastfeeding or chestfeeding after returning to work by creating a positive workplace culture for lactating employees.

[Human Rights in British Columbia: Sex Discrimination and Sexual Harassment](#) outlines that nursing parents have the right to breastfeed or chestfeed in a public area including at their place of work.

Employers may experience additional benefits from creating a workplace culture that supports employees with young children. Benefits may include:

- Improved staff recruitment and retention
- Lower absenteeism
- Lower health-care costs to extended health plans
- Higher productivity

## How you can support lactating employees:

- Develop a lactation supportive policy, and share it with staff/team members.
- Make it clear in organization communications that anyone is [welcome to breastfeed or chestfeed anytime and anywhere](#).
- Create a designated space for people to comfortably and safely feed or express and store milk during the workday.
- Create a flexible work assignment to allow for a parent to express their milk several times throughout the work day. Designate a section of the staff fridge/freezer, or dedicate a specific fridge/freezer to allow parents to store pumped milk. There are no public health concerns about storing expressed human milk in an organization's refrigerator.
- Create or participate in breastfeeding or chestfeeding awareness campaigns.

## Find more breastfeeding or chestfeeding information and resources:

Public Health Offices and Hospitals may offer additional breastfeeding or chestfeeding services such as lactation consultants, support groups and phone consultation.

- [Breastfeeding or Chestfeeding Welcome Tip Sheet](#)
- [Breastfeeding or Chestfeeding Welcome Window Decal](#)

[www.perinatalservicesbc.ca](http://www.perinatalservicesbc.ca) • September 2023

