

Creating a Lactation Space

GOLD

- Private room accessible to all gender identities with a locked door
- Electrical outlet
- Recliner
- Table
- Compact refrigerator for milk storage
- Labels or masking tape, and pens available for parents to label their breastmilk prior to storage
- Mirror
- Art, resource wall, or bulletin board
- Antimicrobial wipes, hand sanitizer
- Storage area for breastfeeding supplies
- Waste basket
- Adequate Lighting

SILVER

- Private room accessible to all gender identities with a door and occupancy sign
- Electrical outlet
- Comfortable chair with a foot stool
- Nearby sink or bathroom with running water
- Access to a cool place, such as a cooler with an ice pack or breakroom refrigerator for milk storage
- Antimicrobial wipes
- Adequate lighting

BRONZE

- Private room accessible to all gender identities with a door and occupancy sign
- Electrical outlet
- Comfortable chair
- Adequate lighting

Additional Tips:

- Add pregnant and parenting student rights to school handbook
- Principal can designate a staff member who will be prepared to provide resources, safe space for parenting youth
- Use compassionate language – empathy, non judgement - when working with pregnant and parenting youth
- Involve pregnant and parenting youth in developing the lactation space in your school
- For assistance obtaining insurance or SNAP benefits, call the OSHW Hotline at 773-553-KIDS