

## Best Practices for Optimal Breastfeeding Accommodations

ESSENTIAL ELEMENTS	PREFERRED ELEMENTS
<p><b>Clean, private space with:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Access to electricity (outlets)</li> <li><input type="checkbox"/> Comfortable seating</li> <li><input type="checkbox"/> Ability to secure entry to avoid intrusion</li> </ul> <p><b>Routine cleaning regimen</b> for the space provided by the school</p> <p><b>Privacy signage</b></p>	<p><b>Access to:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Refrigerator or personal cooler to store expressed milk</li> <li><input type="checkbox"/> Sink with hot and cold running water to clean breast pump supplies</li> <li><input type="checkbox"/> Microwave to sterilize breast pump supplies</li> <li><input type="checkbox"/> Curtain or other barrier for extra privacy</li> </ul> <p><b>Room décor:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Natural or soft lighting</li> <li><input type="checkbox"/> Clock</li> <li><input type="checkbox"/> Full-length mirror to help mothers check/adjust clothing</li> <li><input type="checkbox"/> Calm décor, comfortable temperature, and pictures of babies, to encourage milk flow</li> <li><input type="checkbox"/> Table for breast pump</li> <li><input type="checkbox"/> Wastebasket</li> </ul>