



Breastfeeding Friendly Employer Checklist

Good

- Verbal agreement between mother and her direct supervisor regarding her break times and space to pump
- Private room with a lock on the door
- Flexible breaks (at least 15-20 minutes in the morning and afternoon as well as a lunch break) during which the employee can express milk or nurse her infant.

Better

- Written breastfeeding support policy
- Education about policy provided to all employees
- Private room with a lock on the door
- Comfortable chair for pumping and/or nursing
- Refrigerator for milk storage
- Nearby sink with running water
- Flexible breaks

One of the following:

- Ability to work part-time or some hours from home
- Flex-time offered
- Job-sharing offered
- Extended maternity leave offered
- On-site childcare

One of the following:

- Lending library of Breastfeeding Resources or
- List of local breastfeeding resources*



Best

- Written breastfeeding support policy with education provided for all employees
- Educational resources about breastfeeding given to all expectant parents*
- Breast pump provided by the employer

Private room with all of the following:

- Lock on door
- Comfortable chair
- Nearby sink with running water
- Small table
- Electrical outlet

One of the following:

- Ability to work part-time or some hours from home
- Flex-time offered
- Job-sharing offered
- On-site childcare

One of the following:

- Lending library of Breastfeeding Resources
- Lactation consultant services provided for employees (via insurance or paid by employer)

Optional items:

- Radio/CD or iPod player; telephone; charging station; breastfeeding art; foot rest

