

Benefits of a Lactation Room

- Helps mothers relax
- The lactation rooms promote the health of the mother, and baby through continued nursing
- Lactation rooms also provide a return-on-investment on the former of reduced employee turnover, lower rates of absenteeism, and an increase in morale, and productivity.
- Federal law protects the rights of employees to have a private space to pump, and reasonable breaks to accommodate the time necessary to pump
- Nursing mothers experience lower risk of diabetes, obesity, asthma, postpartum depression, and reduce risk of cancer.