Creating a Breastfeeding-Friendly Environment

A welcoming environment for breastfeeding mothers can help mothers breastfeed longer.

Offer a mother a clean, comfortable, and guiet place to breastfeed her baby or pump breastmilk. This could be a space in a small room, or a corner of a classroom or office with a privacy screen or curtain. See below for some ideas on how to create a breastfeeding-friendly space at your child care site. Remember that a breastfeedingfriendly space at your child care site is not required in the CACFP, but it is a best practice.

This Space Can Include:

Drinking water for mom.

A sink to wash her hands and the pumping equipment.

A pillow to support the baby.

Disinfectant wipes to clean up before and after pumping.



A table to place her pumping equipment. An electrical outlet for the breast pump.

A stool for mom's feet to help support her back while nursing.

A comfortable chair, such as a rocking chair.