



Guidelines to set up a Breastfeeding Room at the place of work

Essential requirements:

1. Minimal space is needed to set up a breastfeeding room (e.g. a vacant office, a storeroom or an unused room). Room dimensions, at least 6 feet x 6 feet. The breastfeeding room needs to be made as attractive as possible
2. International Breastfeeding Logo affixed to the door of the Breastfeeding Room (Logo stickers can be obtained from the Health Promotion and Disease Prevention Directorate, tel: 23266000)
3. The Breastfeeding Room must:
 - Have locks indicating that the room is occupied from the inside.
 - Be kept meticulously clean at all times
 - Have a refrigerator and kept in good working order at all times.
 - Electrical outlets (Maltese standard – 230 Volts)
 - Comfortable chairs
 - A table or shelf/flat surface to hold the breast pump and milk container
 - Sink with hot and cold water supply, liquid soap and disposable paper towels, to wash and dry hands
 - Marker to label the milk bags with the expressed breast milk
4. Employee/breastfeeding mother brings her own manual or electric breast pump

It is recommended that a logbook is kept to record the number of mothers visiting this room – for statistical purposes.

Additional requirements:

1. Disinfectant wipes.
2. Water dispenser.



**Health Promotion & Disease
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