

Lactation Room Use & Etiquette:

All Rooms

To ensure the security of our lactation rooms, there is no published list of rooms. We request instead that anyone wishing to use our assigned sites register with the Lactation Support Program (LSP). To register, please go to: <https://hr.ucdavis.edu/departments/worklife-wellness/breastfeeding>

Lactation rooms should be used only for the purpose of expressing, storing and collecting breast milk. Please limit the use of these spaces to these activities.

The LSP provides a hospital-grade pump for your convenience and efficiency in collecting your milk. If you use the pump provided, you are responsible for obtaining the appropriate collection kit as used by the campus on which you are located. You can find more information about this on our website.

You are welcome to bring your own pump to use in the lactation rooms. If you do so, please remember to plug in the room pump again when you finish.

For health and safety reasons, refrigerators are not provided by the LSP. If there is a fridge in the room, it has been provided by one of the departments in the building and is the responsibility of that department to maintain and to secure your milk.

Always knock prior to entering any lactation site. Sometimes, the signage left on the door is inaccurate; users may have forgotten to place the available “occupied” sign on the door, or, leave it accidentally listed as “occupied” in their rush to return to work. If no one answers upon your knock, confirm with a verbal check and then feel free to enter. If you are the user within the lactation room and do not respond to the knock or verbal check, please expect to be interrupted.

In single occupancy rooms, if you receive a verbal response to a knock or a verbal check, you may wish to converse with the occupant to determine a reasonable time estimate that they will need to finish. Twenty-five minutes is considered a reasonable time to need the room to express milk and clean up.

Many of our lactation sites can be heavily impacted when several mothers from the same or overlapping departments, are returning to work. The LSP does not have the resources to schedule and monitor the use of the rooms on a daily basis. Be aware of alternative spaces and visit them prior to returning to work to establish their use impact and/or how to get there. Talk with your supervisor or manager about alternative arrangements, as they are ultimately responsible for providing the space needed for your milk expression needs.

One can arrange with one’s pump companions to make the most efficient and equitable use of the space provided by communicating and meeting with each other, in person or virtually. Some ideas that mothers have arranged – a notepad or white board in the room to leave messages; an app-based schedule; etc. At all times, one should consider that these rooms are also to be available for our transient population (i.e., students who find themselves in that region of campus for a quarter; visitors to the campus; etc.).

Multiple User Rooms

If you are the first to enter a multiple user room, consider using the pump/station furthest from the door. Until curtains are installed, you may want to bring a small blanket or cover-up if you desire privacy when doors are opened. Following the guidelines as listed above regarding appropriate etiquette upon arrival at a lactation site, it would be helpful to identify if there is another station available, or, that all stations are in use.