

## BABY FRIENDLY ROOM SPECIFICATION

### DESIGNATED ROOM(S) FOR MOTHERS TO BREASTFEED THEIR BABIES OR EXPRESS THEIR MILK

- Each entity has to decide the number of rooms/cubicles according to the size & number of staff at the organization.
- The room(s) provided should be clearly identified by the entity.
- Sanitize the room between each and every usage
- Each room should be provided with the following:
  - Good sanitary conditions (ventilation, light, cleanliness...)
  - Privacy (lockable room or cubicle)
  - Comfortable chair(s) with a small table nearby
  - Waste bin(s)
  - Electric outlet(s) to plug breast pump(s)
  - Access to running water (not necessarily in the same room)

### Baby Friendly Room Safety Recommendations

<b>Recommendations for mother:</b> <ul style="list-style-type: none"> <li>■ Use hand sanitizer or wash hands after entering the room.</li> <li>■ Clean the equipment and furniture before and after use.</li> <li>■ Keep the area neat and clean before leaving.</li> </ul>	<b>Recommendations on using breast pumps:</b> <ul style="list-style-type: none"> <li>■ If expressing breast milk either by hand or with a breast pump, the mother should clean her hands before touching any pump or bottle parts.</li> <li>■ Wash hands with soap and water for 20 seconds or apply hand sanitizer before and after expressing.</li> <li>■ If possible, bring your own equipment for expression.</li> </ul>	<b>Guideline for Disinfecting baby friendly rooms:</b> <ul style="list-style-type: none"> <li>■ Cleaning staff should perform hand hygiene.</li> <li>■ Clean all the surfaces including tables, doorknobs, light switches, countertops, handles, sinks, dials with disinfectants and soft surfaces to be laundered or disinfected.</li> <li>■ More frequent cleaning and disinfection may be required based on level of use.</li> <li>■ Trash bins are emptied frequently.</li> <li>■ Dispensers are checked and filled as needed.</li> <li>■ Breast pumps are spot cleaned.</li> <li>■ Floor stains are spot cleaned.</li> </ul>
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