

How to Advocate for Lactation Spaces at Your Workplace

How can you bring lactation spaces and support to your workplace and beyond? Start with this advice from Tennille Webb, Sr. Business Service Manager, Walmart Business Services, who brought Mamava pods to the largest retailer in the world. Watch Tennille share her story with Mamava [in this video](#).



Start with your story. Creating change takes courage. Summon that strength by tapping into your personal experience and what is important to you. For Webb, it was being a good role model, for her son and others: “I wanted to provide an example of what you can do when you’re empowered.”

Do your homework. Dig into data, find facts, bring solutions. [What are the laws about lactation accommodations in your state?](#) What are your competitors doing to support moms? How might providing dignified lactation spaces result in improved employee retention or a better bottom line?

Identify the stakeholders. Particularly at a large corporation, securing lactation accommodations will probably require several approvals. Identify everyone who needs to be part of the decision-making process.

Ask questions. Even if you’ve pumped breast milk at work, talk with others about their unique experiences, too. What do people need? What don’t they need? Be curious about the challenges stakeholders will have in implementing the lactation space solution you’re suggesting. How can you help?

Be open to educating. People who’ve never breastfed may not even understand why it’s necessary to pump every few hours. You may find yourself in the position of delivering mini-physiology lessons to your boss. And your boss’s boss. ([Here’s an article to help.](#))

Get comfortable with being uncomfortable. Not everyone is going to be comfortable talking about breasts at work—at first. That’s OK. Forge ahead confidently in the name of your mission.

Persist! Getting buy-in from stakeholders might take a bit of effort and some time. Recruit others to join you in the mission. Don’t give up. “Anything worth doing isn’t easy,” says Webb.

Mamava is the category creator of freestanding lactation spaces. If you would like Mamava to reach out to your workplace about lactation accommodations, please [get in touch](#).