

The impact of lactation room quality in facilitating the combination of breastfeeding and work

Background

- Breastfeeding has important health consequences, for infants as well as mothers (Victora et al., 2016).
- Many mothers stop breastfeeding before the advised 6 months, because of difficulties associated with combining work and breastfeeding (Peeters, Lanting, & Van Wouwe, 2015). Not only the availability, but also the quality of lactation rooms in organizations may play a role in mothers' breastfeeding decisions.
- This study examines the relationships between objective and subjective lactation room quality, mood, relaxation, and behavioral determinants related to pumping milk at work (attitude, subjective norm, perceived behavioral control and intention).

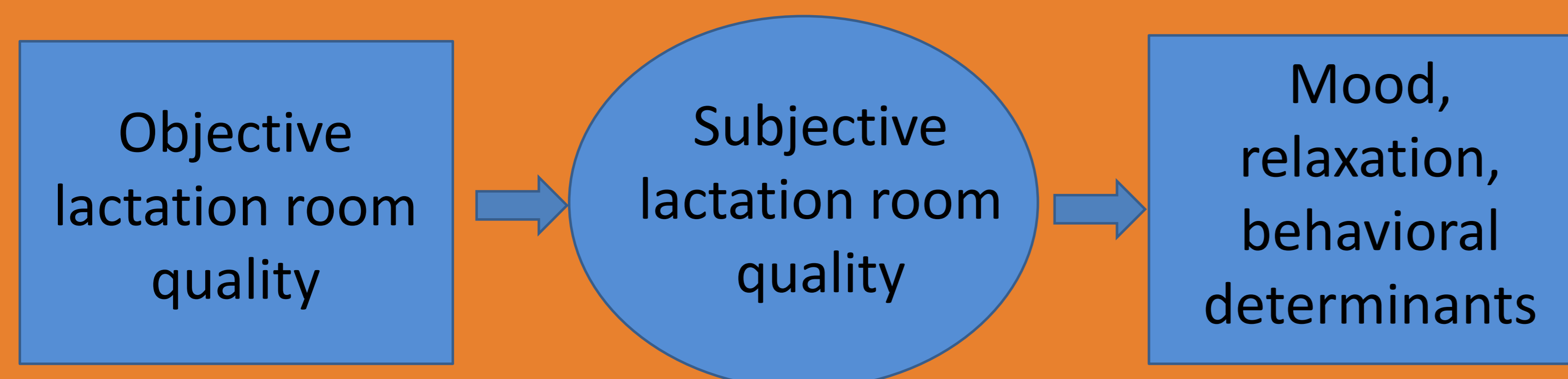


Results

- Regression analyses show objective lactation room quality is related to mood, relaxation, subjective norms and perceived behavioral control.
- The better the quality of the lactation room, the more positive and relaxed mothers felt in the room. Furthermore a higher quality room was associated with more positive subjective norms and higher perceived behavioral control towards pumping milk at work.
- These relationships are mediated by mothers' subjective experience of the quality of the lactation room.



Figure 1: Impact of lactation room quality on mothers' mood, relaxation and behavioral determinants related to pumping milk at work.



Method

- First, an observation list was developed and pre-tested to determine objective lactation room quality.
- Then, 511 lactating women completed a questionnaire that included questions about objective and subjective lactation room quality, mood, relaxation and behavioral determinants related to pumping milk at work.

Conclusion

- Lactation room quality may have a positive influence on mothers' decisions to pump milk at work and organizations may therefore play an important role in facilitating the combination of breastfeeding and work.
- Future research could explore the causality of this relationship in experimental settings and investigate the impact of lactation room quality on mothers' attitudes towards organizations.