

## **Requirements of Hirkani's Room**



**Minimum size:** Will depend on the number of mothers who are likely to use the place. In small offices where only 1 or 2 mothers are likely to visit it or where space is a crunch, the room should be large enough to accommodate various requirements stated below (about 60 sq. feet).

**Privacy:** Room should provide privacy. All such means required for the same should be provided e.g. latch, door closer, curtains etc. The beneficiaries should give suggestions to improvise the same. In places where the office is already running a Crèche, Hirkani's room can be a part of this set up (If space permits a separate attached room can be assigned for the same or a corner (Hirkani's corner) can be assigned for this purpose. In such circumstances the room\corner will serve a dual purpose of breastfeeding and milk expression).

**Security:** The room should be located near the main office area and not in some remote corner where it can raise security concern. When not in use the room should be locked and the keys should be kept with a responsible authority that should provide the keys to registered beneficiaries only. Under no circumstances the room should be used for purposes other than the intended use by nursing mothers.

**Ventilation:** The room should be well ventilated. The window should be at a location which guards the privacy from onlookers and should be provided with a curtain. Where the room does not have a window, suitable ventilation should be provided.

### **Other Requirements:**

- Fan (Air conditioner can be considered an additional facility)
- Chairs
- Pillows
- Table
- Good Ventilation
- Arrangement for clean drinking water (Water filter \ Cooler would be ideal)
- Wash Basin, Towel Rod, Fresh Towel / Paper Towels, Soap Dish
- Small Refrigerator for storing milk
- Reading Material (including copy of Hirkani's Daughter's. A translation in local language would be welcome)
- Wall Clock
- Bulletin Board for sign up sheets, photos of babies etc.
- Governmental \ Corporate Policy on Breastfeeding and Breastfeeding mothers displayed in a prominent place
- Information pamphlets on expression and storage
- Register for the beneficiaries to note the use time.
- CD player/ Radio/cassette player (optional)
- Provision for a refreshing drink: Tea, Coffee, soup or any healthy cold drink (optional)

**Note:** A Hirkani's Room Committee should be set up to overview all above. It should have at least one of the beneficiaries as its member. The committee should meet monthly. The agenda should also include meeting all the beneficiaries together for feedback during the meeting.