Access Accossiation
March 2026

Advancing Gender Equality in the Built Environment

Being a ‘MoM’ & Lactation spaces

Ode&Ettle

My Parenting Journey

- Becoming a MoM
- NICU
- Tube-fed, pumping & breastfeeding
- Importance of Community (Twin Breastfeeding Group)
- Lactation Room research
- Becoming an Inclusive Design Consultant









Ode&Ettle

Facts

Newborn twins feed around 12 hours per day!

Feeds every 2-3 hours

Up to 80% of MoM’s initiate breastfeeding

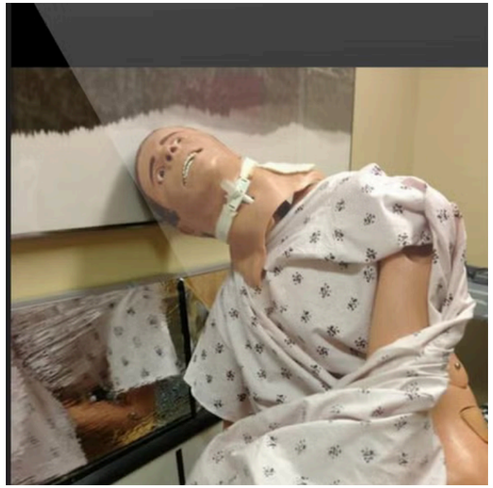
MoM’s breastfeeding after 6 months drops by over 50%

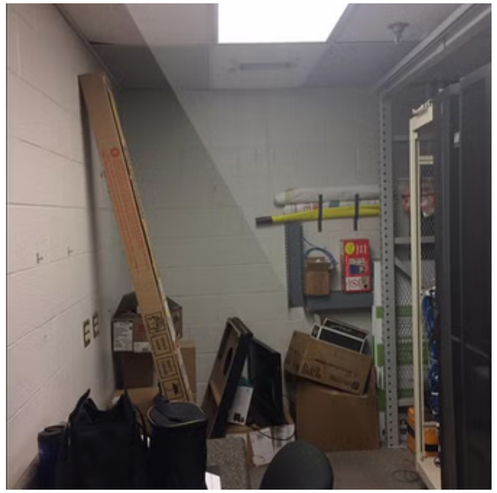


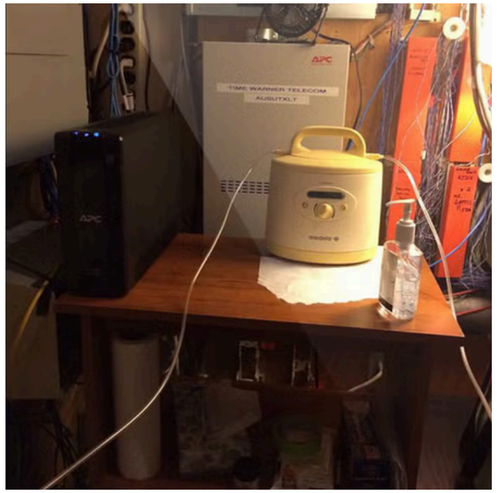
Ode&Ettle

What exists now









What we need







Ode&Ettle

What a Lactation Space *Actually* Needs

- Designed for hormones, not just function.
- Emotional safety & dignity built into the layout.
- The space must support a full workflow.
- Time is a spacial requirement.
- Sensory environment directly impacts output.
- Inclusivity and consideration

Ode&Ettle

Further conversations...

Hygiene & Security

Comfort & Ergonomics

Correct storage is critical
(and often missed)!

Sensory environment
directly impacts output.

Equipment Integration

Wayfinding and
Normalisation

Ode&Ettle