

Meet mamava[®]

Mamava lactation pods were created in 2013 by two moms to ensure all breastfeeding parents have access to spaces to pump or nurse wherever they go. The pods provide privacy for parents and serve as a friendly reminder that breastfeeding is happening all around.

It's about options, not obligation.

While breastfeeding in public is legal in all 50 states, some parents need to plug in a breast pump, prefer privacy, or a secure place for multiple children.

Mamava Pod Basics

Access

Parents can unlock pods with the free Mamava app or via keypad code.

Lighting + ventilation

Opening the door activates the pod's lights and fans. (Lighting and airflow is adjustable in some models.)

Occupancy

Turning the interior deadbolt locks the door and updates the app status to "Occupied."

Maintenance

The facility hosting the pod is responsible for its upkeep. Parents are expected to clean up after themselves (and report a dirty pod to the facility).

No trash bins

To maintain a safe and clean space, pods don't include receptacles. We recommend placing pods near restrooms to accommodate diaper changes.

No sink

Mamava pods are intentionally designed without plumbing so facilities can relocate as needed.



mamava
Lactation Pod



Download the Mamava app



Download on the
App Store

GET IT ON
Google Play

How to use the mamava® app

Mamava's free app helps parents find thousands of lactation spaces on the go. The app also unlocks pods, shows availability, and offers vacancy alerts.

Find 10K+ lactation spaces

The app lists Mamava pods and user-submitted spaces (vetted by Mamava) with reviews and photos so parents know what to expect.

Enable **Bluetooth** and **Location Services** in your phone settings for proper app functionality.

Plan ahead

Parents can scout out lactation spaces before a trip and save them to their favorites.

Add new lactation spaces

Spot a great place to pump? Share it with the Mamava community so more parents can find private, dignified places to pump or nurse on the go.

Browse helpful content

The app includes breastfeeding and pumping resources, info about lactation accommodation laws, and **Words of Support** from other parents.

Read digital notes from parents who visited pods before you and leave your own **Words of Support** for the next person. We could all use a little uplift!

Visit [Mamava's Help Center](#) for questions about pod access or the mobile app.

Take a deep breath, relax your jaw, drop your shoulders! You're doing a great job!

Comment

Courtney 10/1/24



No one prepared me for how hard juggling work and kids would be (on top of everything else). My strength surprises me each day. You are stronger than you realize. Sending you love & strength mamas!!

View 1 Comment

Erica 8/26/24

you still look hot

Quenest 5/22/24

