

the

AUSTRALIAN NATIONAL UNIVERSITY

supporting breastfeeding mothers

Card

Checklist for mothers

Checklist for mothers

Are you returning to work after having a child?

The following list sets out best practice to support your breastfeeding needs while balancing your workplace obligations:

- Your right to breastfeed at work is protected by law, including the right to breastfeed in public
- Speak to your supervisor about flexible work arrangements and career reentry assistance
- Speak to your supervisor about lactation breaks – communicate clearly what you need to negotiate a balance between your work obligations and your breastfeeding goals
- Do you plan to breastfeed in your office? If so, you can request a small fridge, to have curtains/blinds or a privacy screen, a comfortable chair, and a lockable door installed
- If you do not have a private office, check out the Support Breastfeeding Mothers webpage for the location of parenting rooms on campus
- If you need to leave campus or travel across campus to breastfeed (or deliver expressed milk) to your child during the day, ask your supervisor for a special parking space near your workplace, or contact ANU Parking (parking@anu.edu.au) to apply for special consideration for a parking permit.
- Check out more information on the ANU's Supporting Breastfeeding Mothers webpage (<https://services.anu.edu.au/human-resources/wellbeing/supporting-families/supporting-breastfeeding-mothers>) and the Parents and Carers webpage (<http://genderinstitute.anu.edu.au/parents-and-carers>)

Brought to you by the ANU Family Friendly Committee
E: ANU.family.friendly.group-owner@mailman.anu.edu.au