

the

AUSTRALIAN NATIONAL UNIVERSITY

supporting breastfeeding mothers

Card

Checklist for supervisors

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Do you have an employee returning to work after having a child?

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

- Ensure you employee is aware of flexible work arrangements and career reentry assistance
- Communicate ANU's support for their breastfeeding needs, and the right to breastfeed in public
- Check what their breastfeeding needs are. To breastfeed/express in their office they may need a small fridge, curtains/blinds or privacy screen installed, a comfortable chair, and a lockable door.
- If they do not have a private office, ensure they know where the nearest parenting rooms are, or create a breastfeeding space for them (see ANU Breastfeeding Procedure for requirements)
- Discuss the employee's need for lactation breaks and ensure they have adequate time during the day to breastfeed their child (including travel time)
- Check whether they need special parking space near work in order to breastfeed during the day
- Make sure they are aware of ANU's online resources at the Supporting Breastfeeding Mothers webpage (<https://services.anu.edu.au/human-resources/wellbeing/supporting-families/supporting-breastfeeding-mothers>)

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