

the

AUSTRALIAN NATIONAL UNIVERSITY

supporting breastfeeding mothers

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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 your 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, 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. If so, direct them to contact ANU Parking (parking@anu.edu.au) to apply for special consideration for a parking permit.
- Make sure they are aware of ANU's online resources: the 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/>)

Brought to you by the ANU Family Friendly Committee
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