



# BREASTFEEDING/EXPRESSING ROOM: Guide for Users

Breastfeeding rooms and facilities have been made available for the use of Western Sydney University students, staff and visitors to breastfeed or express breastmilk during the University's operational hours. The University acts to support a parent's right to breastfeed and provides breastfeeding rooms for parents who choose to use them.

The provision of breastfeeding rooms, lactation breaks, and other entitlements are set out in the 'Breastfeeding on University Premises' Policy which is available online in the University's Policy database at: <https://policies.westernsydney.edu.au/document/view.current.php?id=340>.

## Facilities available in breastfeeding rooms or close by:



- A privacy screen
- Comfortable chair
- Table on which to place expressing equipment
- Access to a power point for expressing equipment
- Hot/cold running water with soap, detergent and paper towel
- Support materials relating to breastfeeding
- Fridge for storing expressed breastmilk (EBM)
- Student lockers

## GENERAL INSTRUCTIONS:

While the University will ensure all breastfeeding rooms are cleaned on a regular basis, we expect that the users of the rooms are considerate of others and leave the rooms in a clean and tidy state. Cleaning products are provided for your use.

Any problems or faults with the room or facilities should be reported to the Office of Estate and Commercial at **9852 5800** or [oeq\\_enquiries@westernsydney.edu.au](mailto:oeq_enquiries@westernsydney.edu.au) and:

[https://www.westernsydney.edu.au/office\\_of\\_estate\\_and\\_commercial/oeq/enquiries](https://www.westernsydney.edu.au/office_of_estate_and_commercial/oeq/enquiries) as soon as they are noticed.





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## Process for storing expressed breastmilk:

As part of combining breastfeeding with study and/or work, parents may elect to express breastmilk and then take it home for their child. The safe storage of breastmilk is important to a child's health. In addition, other parents may also be expressing breastmilk to store, and it is important all milk is appropriately labelled and stored.

### Parents wishing to store expressed breastmilk have the responsibility to:

- Supply their own expressing equipment and appropriate storage containers.
- Clearly label these containers with their name, date and phone number before placing them in the refrigerator.
- If applicable, ensure that the child attends University premises for the purpose of lactation breaks, uses appropriate facilities and that the child is accompanied by an adult at all times as per the 'Children on University Premises' Policy.
- Remove any expressed breastmilk from fridges at the conclusion of each study shift, work shift or visit to the University.
- Be mindful of milk storage times and conditions. These are available on the Australian Breastfeeding Association website: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au).

## QUERIES AND ASSISTANCE

- Students should contact Student Welfare on 1300 668 370
- Staff members should contact their HR Advisor
- Supervisors should contact their Senior HR Partner
- Staff may also contact the Office of Equity and Diversity for advice and support on 9678 7374

The Australian Breastfeeding Association has trained Breastfeeding Counsellors who are available to assist parents with their breastfeeding concerns, and questions about how to combine breastfeeding and returning to work and/ or study. They can be contacted on the toll-free number:



Australian  
Breastfeeding  
Association

**Breastfeeding Helpline**  
**1800 mum 2 mum**

**1 800 686 268**



Breastfeeding  
**Friendly**  
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An Australian Breastfeeding Association Initiative

