Macquarie University is an accredited Breastfeeding Friendly Workplace, and we support staff, students, and visitors who wish to breastfeed their babies while on campus. Parents are welcome to breastfeed wherever they feel comfortable. This room and its facilities have been made available for Macquarie University students, staff and visitors to breastfeed or express breast milk during work or study hours in a comfortable and private environment. This room may also be used as a First Aid room.

**EACH ROOM CONTAINS AT LEAST THE FOLLOWING:**
- a comfortable chair suitable for breastfeeding
- a table on which to place expressing equipment
- access to a power point for expressing equipment
- bar fridge for storing expressed breast milk and baby food
- Labels and pens to label any expressed breast milk before storing
- hot/cold running water, soap and paper towels (or close proximity to a bathroom, kitchenette or similar)
- Baby change room
- Door lock to ensure privacy

**GENERAL INSTRUCTIONS**
- Please respect the use of this room and make sure it is always available for parents on campus
- Please lock the door when using the room to ensure there are no interruptions and leave the door open when you finish using the room.
- Whilst the University will ensure the rooms are cleaned on a regular basis, the users of treatment/parenting rooms must be considerate of others and leave the room in a clean and tidy state.
- Report any problems or faults to Property Customer Service - 9850 7145

**STORING EXPRESSED BREAST MILK**
- Place a label with full name, date and phone number on each container used for expressed breast milk
- The breast milk should be stored in a separate lidded plastic container within the fridge (a large lunchbox is suitable)
- Remove any expressed breast milk from the fridge when leaving the campus
- 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)

**Note:** any breast milk that is left in the fridge overnight without a clear label will be disposed of.

**FEEDBACK**
We welcome your feedback. If you have any comments, wish to report any problems with the room or need further information please contact the Workplace Diversity and Inclusion team on 9850 1975 or workplacediversityinclusion@mq.edu.au

The Australian Breastfeeding Association has trained Breastfeeding Counsellors who are available to assist women with their breastfeeding concerns, and questions about how to combine breastfeeding and returning to work. They can be contacted on the toll-free number: [Breastfeeding Helpline 1800 mum 2 mum](tel:1800686268)

**PARENTS ROOMS ON CAMPUS**
- Faculty of Arts, Ground Floor, 25A Wally’s Walk
- Faculty of Science and Engineering, 14 Eastern Road
- Macquarie University Library, Level 4, 16 Macquarie Walk
- Macquarie International, Ground Floor, 10 Macquarie Walk
- Macquarie University Clinic, Ground Floor, 2 Technology Place
- Corporate Engagement and Advancement Office, Building 1, 58 Waterloo Road, Macquarie Park

**SUPPORT**
At Macquarie University, we don’t see that being a parent and having a great career are mutually exclusive. We are committed to helping all employees balance their work demands with their personal life needs.

A wide range of support measures are available for those becoming parents or caring for children.

On the Carers Hub you’ll find information and practical resources to help you access the support you need to meet your caring commitments: [https://staff.mq.edu.au/support/people-management/carers-hub](https://staff.mq.edu.au/support/people-management/carers-hub)