

## Breastfeeding Facilities at La Trobe

Many women return to full time or part time work or study after having their babies and many of these babies continue to be breastfed whilst their mothers work or study. La Trobe University supports and values the importance of having the time and space to provide food for their babies, whether this be by expressing milk or breastfeeding.

The University aims to provide a breastfeeding friendly environment and has breastfeeding/parenting rooms to support mothers. Talk to your supervisor about arrangements for flexibility of breaks to facilitate breastfeeding.

Breastfeeding/parents/special needs rooms are equipped with the following:

- table
- power outlet
- chair and/or bed
- sink (or access to nearby sink)

And access to nearby refrigeration.

### Room Access

Campus	Location	Access	Facilities
Melbourne (Bundoora)	Equity & Diversity, Ground floor, Peribolos East	Contact Equity & Diversity on (03) 9479 2900 to make a booking and reception at Equity & Diversity to access the room.	<ul style="list-style-type: none"> <li>• Lockable door (access only by security card)</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink</li> <li>• Fridge</li> </ul>
	LIMS 1 Building, Level 2, Room 253A	Speak to LIMS Administration Office in room 201 to access the room.	<ul style="list-style-type: none"> <li>• Lockable door (access only by security card)</li> <li>• Clean and private</li> <li>• Chair and bed</li> <li>• Power points</li> <li>• Sink</li> <li>• Fridge</li> </ul>
	George Singer Level 3 Room 333	No assistance required as room usually remains unlocked. If it is locked contact the admin team on (03 9479 5936)	<ul style="list-style-type: none"> <li>• Lockable door</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink</li> <li>• Fridge</li> <li>• Change Table</li> <li>• First Aid box</li> </ul>

	Children's Centre (03) 9479 2122 Internal, (03) 9478 9422 External	Speak to the Children's Centre reception.  Please note that only those with children in attendance at the Centre are able to store breast milk at this facility.	<ul style="list-style-type: none"> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink nearby</li> <li>• Fridge nearby (only for those with children in attendance)</li> </ul>
Bendigo	Student Union Floor, Room 1.16	No assistance required as room is located in a public access area.	<ul style="list-style-type: none"> <li>• Lockable door</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink</li> <li>• Fridge</li> </ul>
Albury- Wodonga	Babies Room/Rest Room, Level 2, John Osborne Building 4, Room 4224	No assistance required as room is located in a public access area.	<ul style="list-style-type: none"> <li>• Lockable door</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink</li> <li>• Fridge</li> </ul>
Mildura	Mildura Office Annexe, Room 101	Contact Student Administration/Reception to collect a key.	<ul style="list-style-type: none"> <li>• Lockable door</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink</li> <li>• Fridge</li> </ul>
Shepparton		Contact Trudy Stevenson on (03) 5820 8699 for information on room location	<ul style="list-style-type: none"> <li>• Lockable door</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink nearby</li> <li>• Fridge nearby</li> </ul>
City		Contact the Reception Desk (03) 9479 6797	<ul style="list-style-type: none"> <li>• Lockable door</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink nearby</li> <li>• Fridge nearby</li> </ul>
Sydney Campus		Contact Liz Lingham for information on (02) 9397 7604	<ul style="list-style-type: none"> <li>• Lockable door</li> <li>• Clean and private</li> <li>• Chair and table</li> <li>• Power points</li> <li>• Sink nearby</li> <li>• Fridge nearby</li> </ul>

For additional information on breastfeeding and parenting on your campus email [j.johnson2@latrobe.edu.au](mailto:j.johnson2@latrobe.edu.au) or contact:

<b>Campus</b>	<b>Contact Person</b>	<b>Telephone</b>
<b>Melbourne &amp; City</b>	Josh Johnson	(03) 9479 6061
<b>Bendigo</b>	Shannon Kerrigan	(03) 5444 7223
<b>Albury-Wodonga</b>	Marita Quaglio	(02) 6024 9628
<b>Shepparton</b>	Trudy Stevenson	(03) 5820 8699
<b>Mildura</b>	Gail Ahearn	(03) 5051 4002
<b>City – Collins Street</b>	Reception Desk	(03) 9479 6797
<b>Sydney</b>	Liz Lingham	(02) 9397 7604

There are people/resources available to assist or support staff and provide information, advice or appropriate referrals. Support options may include:

- Australian Breastfeeding Association  
[www.breastfeeding.asn.au/workplace](http://www.breastfeeding.asn.au/workplace)
- National Breastfeeding Helpline on 1800 686 268