

# BREASTFEEDING AND CHILD CARE

## *Important information for Child Care Service Providers*

Your support and encouragement can make a big difference to a mother who wants to keep breastfeeding when her child starts child care.

If the mother knows you support her efforts to give breast milk to her baby, you will be helping her to keep breastfeeding.

As a child care service provider, you must not discriminate against breastfeeding mothers. The right to breastfeed is protected under the ACT *Discrimination Act 1991*. Everybody who provides a child care service is covered by this requirement, including long day care, occasional care, family day care, or in home care. It doesn't matter if the service is not for profit or commercial.

### If you need further help:

You can download the Australian Breastfeeding Association's leaflet: "A Caregiver's Guide to the Breastfed Baby" from [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au).

This leaflet explains how to store, handle and feed expressed breast milk to babies. The Australian Breastfeeding Association also has breastfeeding counsellors who are able to help mothers and caregivers with any queries and a website with breastfeeding information on a range of topics.



### It would be against the law for you to:

- refuse an application for a child care place, or not offer a place, because a child is breastfed,
- discourage a mother from continuing to breastfeed when her child starts in care,
- not let a woman breastfeed or express milk on your premises,
- refuse to feed a child its mother's expressed breast milk, or
- do anything else that makes it difficult for parents to continue giving breast milk to a child while they are in your care.

### Some suggestions to make your service 'breastfeeding friendly'

- Tell parents when you first talk to them that you support breastfeeding.
- Have a comfortable place in your centre or home for mothers who want to breastfeed or express milk.
- Be positive about the baby's mother leaving breast milk for her baby.

### For more information on making your child care service breastfeeding friendly contact:

Australian Breastfeeding Association

Helpline: 1800 686 268

Interpreter Service: 13 14 50

Email: [info@breastfeeding.asn.au](mailto:info@breastfeeding.asn.au)

Internet: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

Breastfeeding fact sheets in community language and a range of other breastfeeding resources and information are available by calling (02) 6162 2716



**HUMAN RIGHTS &  
DISCRIMINATION COMMISSIONER**  
ACT Human Rights Commission



**Australian  
Breastfeeding  
Association**

# BREASTFEEDING AND CHILD CARE

## *Important information for Parents*

You can breastfeed anywhere that suits you and your baby, including when you are using child care services.

You can either keep breastfeeding your child or provide them with expressed breast milk while they are in child care.

It is against the law for a child care service provider to discriminate against you because you are breastfeeding.

If you think you might have been discriminated against or if you would like more information about your right to breastfeed, contact:

ACT Human Rights Commission

Phone: (02) 6205 2222

Interpreter Service: 13 14 50

Email: [human.rights@act.gov.au](mailto:human.rights@act.gov.au)

Internet: [www.hrc.act.gov.au](http://www.hrc.act.gov.au)



### Your childcare provider:

- cannot refuse your application for a child care place, or not offer you a place, because your child is breastfed,
- cannot ask you to stop breastfeeding when your child starts in care,
- must let you breastfeed or express milk on the premises,
- cannot refuse to feed your expressed breast milk to your child, or
- must support you to keep breastfeeding or giving breast milk to your child while they are in care.
- Your right to breastfeed is protected under the ACT *Discrimination Act 1991*. Every child care service must obey this law, including long day care, occasional care, family day care, or in home care. It doesn't matter if the service is not for profit or commercial.

When your child starts care, you should be able to make arrangements with your child care service to help you keep breastfeeding your baby.

You can download the Australian Breastfeeding Association's leaflet: "A Caregiver's Guide to the Breastfed Baby" from the ABA website. This leaflet has information for your child care service on how to store, handle and feed expressed breast milk to babies. The ABA also has breastfeeding counsellors who are able to help mothers and caregivers with any queries.

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