



**Mary Immaculate College,  
University of Limerick**

## **Information For Staff/Students on Mother and Baby Room**

### **1.0 Introduction**

Mary Immaculate College recognises the importance of breastfeeding for both mother and baby, and supports, protects and promotes breastfeeding. The College provides facilities, appropriate working arrangements and the support necessary to enable mothers in their employment to balance breastfeeding with their work. Mary Immaculate College is therefore committed to providing mothers who are staff members with flexibility to take breastfeeding breaks for expressing breast milk during work hours.

The Maternity Protection (Amendment) Act 2004 sets out the details of the general entitlement of employees to either time off work without loss of pay to breastfeed in the workplace or a reduction in working hours for the purpose of breastfeeding outside the workplace if appropriate facilities are not available. An employee who is breastfeeding can take breastfeeding breaks up to a total of 1 hour off from her work each working day. The College also supports students who continue to breastfeed following the resumption of their studies and the mother and baby room is available to such students.

### **2.0 Breastfeeding/Lactation Facilities (MIC Staff and Students)**

Mary Immaculate College provides one breastfeeding facility for staff and students to accommodate breastfeeding mothers. The mother and baby room is located in Room 49 (Third Floor, Res Block) and is a quiet, private and comfortable room for mothers to express and store breast milk for their babies.

All breastfeeding staff and students using the mother and baby room have access to:

- A Private Room: A clean hygienic and private area with lockable door in which women can express breast milk or breastfeed their baby.
- Refrigerator: A secure dedicated refrigerator for storing breast milk.
- Storage: a storage cupboard/locker for storing/sterilising pumping equipment.
- Comfortable chairs: to use while expressing or breastfeeding.
- A table: to support the breast pump and any other equipment.
- A power point (electrical socket): for mothers who use an electric breast pump.
- Sink: The room has washing facilities; as access to a place to wash hands and equipment is essential.
- A changing unit and refuse bin.

### **3.0 Guidelines for Staff/Students using the Mother and Baby Room**

The Mother and Baby Room is locked at all times and may be accessed by requesting the key and swipe card which will be issued by the Main Reception staff. The Mother and Baby Logbook at reception will have to be signed to log use of the room. The facility is provided as a private and sanitary room for breastfeeding staff and students to express their milk during work hours. Persons using the Mother and Baby Room are required to respect the privacy and security of the room and to agree to schedule their use with other mothers using the room. It is important that all staff and students using the room ensure that it is clean and locked as they leave.