**School of Nursing and Midwifery**

Policy on Breastfeeding and Studying

Trinity College Dublin is committed to supporting breastfeeding among staff and students.

The School of Nursing and Midwifery is committed to supporting student parents and establishing policies to assist mothers to combine study and caring responsibilities. We are also committed to ensuring that mothers who want to continue breastfeeding on returning to their studies are provided with appropriate arrangements and facilities to breastfeed their infant or express breast milk while undertaking lectures within the School, where this is possible.

Irelands National Breastfeeding Policy (Department of Health & Children 2004) recommends that breastfeeding policies should ensure that mothers are supported to breastfeed for as long as they choose to do so and recommends that breastfeeding continue for two years or beyond. This recommendation is supported by evidence that demonstrates the important benefits of breastfeeding for the health and well-being of infants, mothers, and wider society.

To sustain breastfeeding it is vital that mothers either breastfeed their babies or express breast milk at regular intervals every day. If they are not able to do this their milk supply will be adversely affected. This does not apply to non-breastfeeding mothers.

The School of Nursing and Midwifery would like to provide flexible arrangements to facilitate students to continue breastfeeding while attending lectures. Such arrangements may be provided under the following agreed upon conditions:

* Approximately one month before returning to the programme the student should notify the course coordinator of their request to bring a baby to college for the purposes of breastfeeding or to access facilities to express breastmilk during college hours.
* Rooms will be booked for the student’s use during their scheduled class break times.
* The student should provide their own cool bag and equipment for storage and transportation of breast milk.
* Students bringing infants into classes are asked to be respectful of the classroom environment and minimise disruption by taking the infant to a common area if they are unsettled during classes.
* During lectures, the student is advised to sit close to the door to minimise any possible disruption to the class should they have to leave due to the infant becoming unsettled.
* Should the infant become vocal or is actively crawling, the student is advised to make alternative childcare arrangements in order to minimise disruption to classes.
* Due to space restrictions, some classrooms may not be suitable for use of a large buggy and the student should be careful not to obstruct passageways and exits.

The following outlines the suggested actions which should be taken by both the supporting staff and the student intending to breastfeed their infant or express breast milk while undertaking study at the School of Nursing and Midwifery.

**Declaration of Intent**

The student must contact their Personal Tutor and the relevant Course Co-ordinator in order to declare formally their intent to breastfeed their infant or express breast milk while attending the School of Nursing and Midwifery. Contact with the School should be made approximately one month prior to the commencement of the new academic year.

**Individual arrangements** Students should complete the form below (Appendix 1) and send to their Course Co-ordinator within the agreed timeframe.

**Room Bookings and Lecturer Information**

The Executive Officer, responsible for timetabling will book, where available, a room for the student to express breast milk during break periods.

The Course Co-ordinator will inform the School Attendants of the room use and the requirement for the student’s privacy during that time. A “Please do not enter” sign will be available for posting on the door.

The Course Co-ordinator will inform the student’s lecturers and Head of Discipline of the student’s intention to care for their infant within the classroom environment.

**Breast Milk Expression Equipment and Breast Milk Storage**

As breastmilk can be stored at ambient room temperatures for between 6 and 8 hours, the School will not provide milk storage or refrigeration facilities. Expressed breastmilk can be safely stored in a refrigerated cooler bag for up to 24 hours to facilitate transport home from college. The student must provide all necessary breast milk expression equipment, storage and transportation cool bag.

**Review**

The arrangements provided for the student caring for their infant within the School will be reviewed approximately 4 weeks or as deemed appropriate, into the academic year. Where necessary a further follow-up review may take place.

**Alternative child care Arrangements**

The student should recognise when it is appropriate to end the agreement with the School and arrange alternative childcare. If the student ceases breastfeeding or expressing they should notify the Course Co-ordinator.

Alternative infant care arrangements must be made should the infant become increasing unsettled and disruptive, vocal or actively crawling, thereby impacting upon the conducting of lectures and the learning of other students.

**Campus Facilities for Students Caring for Young Infants**

Child care is available to students through the College Day Nursery. The Nursery caters for children from 3 months up to 4 ½ years old.

Baby-changing facilities can be found in the School of Nursing and Midwifery (D’Olier Street), the Sports Centre and CRANN.

The College offer students further support through the Parental Buddy System.

Further details of the campus facilities and support available to students can be found using the following links:

<http://www.tcd.ie/collegehealth/promotion/breastfeeding/>

<https://www.tcd.ie/wiser/balance/facilities/>

**Further College Information**

Details of the College Policy on Support for Student Parents, Student Carers and Students Experiencing Pregnancy (2013) can be sourced through the following link:

[https://www.tcd.ie/about/policies/assets/pdf/student-parent-carer-and-pregnancy-policy.pdf](https://go.tcd.ie/OWA/redir.aspx?SURL=jLpD4LzP9JUqg8ByNr9tqakJdqA_vvYpmDYMR1jnIir5QVS_Fq_SCGgAdAB0AHAAcwA6AC8ALwB3AHcAdwAuAHQAYwBkAC4AaQBlAC8AYQBiAG8AdQB0AC8AcABvAGwAaQBjAGkAZQBzAC8AYQBzAHMAZQB0AHMALwBwAGQAZgAvAHMAdAB1AGQAZQBuAHQALQBwAGEAcgBlAG4AdAAtAGMAYQByAGUAcgAtAGEAbgBkAC0AcAByAGUAZwBuAGEAbgBjAHkALQBwAG8AbABpAGMAeQAuAHAAZABmAA..&URL=https%3a%2f%2fwww.tcd.ie%2fabout%2fpolicies%2fassets%2fpdf%2fstudent-parent-carer-and-pregnancy-policy.pdf)

Appendix 1

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| **Notification of intent to use the breastfeeding arrangements** | |
| Students name:  Students Number:  Course name:  Year: |  |
| Infant’s date of birth: |  |
| I confirm that I will be/am breastfeeding my infant and I intend availing of the breast feeding facilities and/or break arrangements from: | Date: |
| I understand that breastfeeding/expressing breaks must be requested in line with the arrangements described in this document |  |
| The arrangements I require are: | I am planning to express breastmilk and require facilities□  I am planning to take my infant to classes with me in order to continue breastfeeding □  I will have my infant brought into classes□  I plan to take lactation breaks □ |
| Please provide more specific details on the arrangements you request here: | |
| **Declaration**  I declare that the information given above is true and complete. I confirm that when I cease to breastfeed my infant I will notify the Course Co-ordinator accordingly.  Signature of student  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date: | |
| Signature of Tutor/course coordinator  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date: | |