

Each pack contains a variety of supportive resources about breastfeeding, parenting, and support available while working and breastfeeding.

Purchasing this pack takes the time and guess work out of selecting suitable resources for your room(s). This pack (which may be combined with copies of your breastfeeding policy and room user guidelines) will brighten up your space and assist your workplace in meeting essential communication criteria as part of the BFW accreditation standards

## Contents of a Breastfeeding/Expressing Room Resource Pack:

- Breastfeeding: women and work (booklet)
- Breastfeeding: expressing and storing breastmilk (booklet)
- Essence magazine (back issue)
- Each of the following cards:
  - 7 helpful hints for learning to breastfeed
  - 7 reasons why mother's milk is important for you and our baby
  - 7 suggestions for breastfeeding your baby – anywhere, anytime
  - 7 helpful hints for common breastfeeding concerns
  - 7 important facts about breastfeeding – for partners
- A Caregiver's Guide to the Breastfed Baby (flier)
- Suggestions on using an electric breast pump (flier)
- Each of the following A3 posters:
  - Need practical advice about combining breastfeeding and work?
  - Thinking of your baby will help you express
  - Expressing milk for your baby is a learned skill
- Breastfeeding Welcome Here sticker

**The following will be included in the Breastfeeding/Expressing Room Resource Pack when order by a BFW accredited organisation. These are exclusively for BFW accredited employers**

- BFW logo sticker
- 5x BFW Colleague cards
- You can count on our support poster (A3)
- Your support makes a difference to your colleagues poster (A4)

**BFW accredited organisations \$25.00 per pack**

**Non-accredited organisations \$35.00 per pack**



**Breastfeeding  
Friendly  
Workplace**

An Australian Breastfeeding Association Initiative

# Breastfeeding/Expressing Room

## Resource Pack