



Australian
Breastfeeding
Association

Baby Care Rooms

Baby Care Room requirements

The Australian Breastfeeding Association's (ABA) Baby Care Room program recognises community premises that provide suitable feeding and changing facilities for caregivers and breastfeeding mums throughout Australia.

Baby Care Rooms provide a safe and clean space for mothers, families and carers to attend to the needs of infants and young children. This includes nappy changes, and feeding, including breastfeeding, expressing breastmilk and other food preparation. They can be found in shopping centres, community spaces and government buildings where families can easily access the facilities.

Two main criteria

There are two main criteria for Baby Care Room recognition:

- space
- a supportive culture

Space

Baby Care Rooms are warm and inviting with fit-for-purpose facilities available for public use, to meet the needs of mothers and caregivers.

Required elements

Accessibility

Many parents caring for children will have prams, it is important to consider the size of the doorway and ease of door opening.

- Narrow doorways or small spaces make negotiating a pram challenging, especially a twin pram.
- Parents may have to manage children and open the door simultaneously.

Toilets need to be large enough so that parents and carers can wheel a pram into the bathroom while they use the toilet.

Fixings

- A power point needs to be easily accessible and close to the breastfeeding/expressing area.

Washing facilities

The sink should be suitable for washing both feeding/expressing equipment and washing hands, with both hot and cold running water.

Continued over...



Furniture

- Provide comfortable armchairs with low arm rests and good back support. Select upholstery that is easily cleaned and disinfected.
- Place a table next to the chair, with easy access to the power point, where mothers can place their expressing equipment and any other necessary items easily.

Change facilities

Change facilities must be accessible to all carers and separate from general toilets. Change tables should comply with Australian standards and have all safety features in working order.

- Stable surface
- Handwashing facilities close to nappy change area
- Sanitising equipment for the change area
- A dedicated nappy disposal bin in close proximity.

Additional features

- A highchair for toddlers and older babies
- A microwave and kettle
- Children's small toilets and sinks



Supportive culture

The environment of a Baby Care Room should create a space that is welcoming and inviting for both adults and children. The room can provide caregivers with a moment of solace from the outside environment.

Baby care rooms are used by families with multiple children. It may be stressful trying to breastfeed or change a nappy while also watching a toddler. Providing interactive activities in both the parenting room and private spaces to amuse a toddler is helpful. This may include; a wall mounted activity, interactive screen, or a television playing appropriate shows to entertain toddlers.

Provide a spacious and calm room with plenty of space to move a pram, entertainment for older children and the necessary furniture and fixings for caregivers away from the hustle and bustle.

No advertising of formula

Mothers sometimes find themselves needing or choosing to use formula as part of their breastfeeding journey. Inappropriate formula promotion and early introduction to solid foods undermines breastfeeding as detailed in the World Health Organization International Code of Breastmilk Marketing (WHO Code). The Australian Breastfeeding Association supports the protective measures afforded by the WHO Code to be implemented in full.

The WHO Code explicitly states that breastmilk substitutes, feeding bottles and teats should not be promoted.

ABA expects that venues applying for Baby Care Room recognition do not advertise formula, bottles or teats of any kind within or adjacent to the Baby Care Room.

Additional features

- A secure toddler player area. This may be helpful for parents and carers with multiple children
- Free wi-fi
- Tea and coffee facilities

