

CAMPUS AND COMMUNITY RESOURCES...

Training, education, and community

La Leche League Canada

www.lllc.ca

Okanagan Breastfeeding

www.okanaganbreastfeeding.org

Kelowna Breastfeeding Café

www.kelownabreastfeedingcafe.com

Health, wellbeing, and support

UBCO Health and Wellness

students.ok.ubc.ca/health-wellness

UBCO Campus Health

campushealth.ok.ubc.ca

UBCO Women's Resource Centre

ubcsuo.ca/services-wrc

UBCO Equity and Inclusion Office

equity.ok.ubc.ca

UBCO Student Health Services

students.ubc.ca/student-health-services

UBCO Disability Resource Centre

Accessible parking pass for pregnant women

students.ok.ubc/drc/access

THIS BROCHURE CONTAINS INFORMATION ABOUT...

- Relevant campus resources and contacts
- Your Human Rights in BC
- Information about breastfeeding
- Breast and bottle friendly feeding spaces on campus
- Baby change table locations
- Sample email to a professor

Learn about your rights in BC

The ability to breastfeed in public without harassment or censure is a right protected under both UBC's Policy on Discrimination and Harassment and the BC Human Rights Code.

UBC Okanagan supports the right of women to breastfeed their children in a safe and comfortable environment that is free from discrimination or harassment, whether they choose to do so in public or in a more private location.

BC Ministry of Justice website on Human Rights Protection:

www.ag.gov.bc.ca/human-rights-protection

UBC's Discrimination and Harassment Policy:

universitycounsel.ubc.ca/files/2013/08/policy3.pdf

If you are experiencing difficulties or barriers at UBC Okanagan let someone know! Talk to your professor or Department Head and connect with the Equity and Inclusion Office to learn about your options.



RESOURCES FOR STUDENT PARENTS & BREAST FEEDING MOTHERS



DID YOU KNOW...

The World Health Organization (WHO) recommends exclusive breastfeeding for the first 6 months of life and up to 2 years and beyond.

In Canada, 75% of mothers initiate breastfeeding, but only 26% are still breastfeeding after 6 months.

Breastfeeding benefits children, mothers, families, and communities...

Children: Reduced risk of infection, allergies, diabetes, Sudden Infant Death Syndrome (SIDS), obesity, childhood cancer, cardiovascular disease, speech and dental health problems.

Mothers: Reduces risks of cancer (breast and ovarian) and contributes to healthy weight loss after birth.

Family: Breastfeeding saves money as formula feeding costs a family an average of \$1,500.00 per year.

Community: Breastfeeding is environmentally friendly! The Canadian Health Care system can save millions of dollars a year if more children were breastfed.

It is your right to breastfeed anywhere on campus!

WHERE CAN I...

... breastfeed on campus?

If you are looking for a comfortable, quiet place to feed your child here are a few rooms that are available to you around campus:

- ARTS 1st Floor Atrium
- ASC 460 Collegium
- EME 0252 Collegium
- UNC 109 Women's Resource Centre
- UNC 335 & 336 Collegiums
- UNC 337 Campus Health and Wellness

... use my breast pump on campus?

- UNC 337 Campus Health
- UNC 109 Women's Resource Centre

... find washrooms with baby change tables?

- ADM 111W
- EME 0253W
- FIP 117W; 234W; 334W
- Gym 104W
- UNC 111W; 225W

Please visit:

equity.ok.ubc.ca/programs/babychangeables/

WHAT ARE WAYS TO...

... speak to my professor about my baby's needs?

Feel free to use this sample email:

Dear Professor _____,

I am a student in your (class name). I am a new mother, and I am balancing school and parenthood. I have decided to breastfeed my baby, as it has been shown to be the most beneficial for my child. As a result, I may need to occasionally excuse myself from your class to go and breastfeed my baby. If you need any further information from me, you can contact me at (email address).

... respond if I am asked to cover up?

Calmly and assertively state:

"Are you asking me to move to the bathroom (or other location) [or cover up] because I am breastfeeding?"

"Breastfeeding is the healthiest way to feed a child and it is my lawful right to breastfeed anywhere I choose."

"My baby prefers not be covered up while I breastfeed him or her. We enjoy watching each other while he/she feeds. Also, did you know that the law protects my right to breastfeed anywhere I am authorized to be?"

For additional information please contact the Equity and Inclusion Office:
UNC 216, 3272 University Way
UBC Okanagan Campus
250.807.9291 or equity.ubco@ubc.ca