

## Nursing Room Facilities – Heriot-Watt University



### **Breastfeeding and expressing on your return to work**

Congratulations on your pregnancy! We know you will have a lot of things to consider over the next few months. The information here aims to allow you to make an informed decision about how you wish to manage the feeding of your baby on your return to work.

The University supports staff and students to continue to breastfeed on their return to work or study. We provide dedicated facilities for breastfeeding, expressing and storage of milk at our Edinburgh and Dubai campuses. Where dedicated facilities are not available, arrangements can be made on a case-by-case basis with your line manager, to provide you with a private, healthy and safe environment to breastfeed/express. Where possible you will also be provided with access to a secure, clean fridge to store the milk.

If you would like to know more about your local dedicated facility and arrange a visit, please contact the relevant person listed below.

#### ***Breastfeeding Room campus location and contact details:***

Edinburgh Nursing Room: Hugh Nisbet Building, Room 2.22, contact: Main Reception, extn 3501, or email [Frontdesk@hw.ac.uk](mailto:Frontdesk@hw.ac.uk) This room is fully equipped.

There is also a small rest/feeding room at the Lyell Centre on the first floor: Room 1.06., lockable, drop-in use (not bookable, but contact Fiona Jackson [faj@bgs.ac.uk](mailto:faj@bgs.ac.uk) or Malcolm Laird [mdcl@bgs.ac.uk](mailto:mdcl@bgs.ac.uk) if any problems or feedback).  
Kitchen facilities nearby for bottle sterilising and storage.

Scottish Borders Nursing Room: Room 216 of the High Mill Building, contact: [tex-business-support@hw.ac.uk](mailto:tex-business-support@hw.ac.uk)

Baby changing facilities are provided all around our campuses. Please contact Main Reception if you are having trouble locating a suitable facility.

Dubai Nursing Room: Female Block, contact: Hari Krishnan [m.harikrishnan@hw.ac.uk](mailto:m.harikrishnan@hw.ac.uk)