UNIVERSITY OF TORONTO

BREASTFEEDING & BABY CHANGE STATIONS AT U OF T

BREASTFEEDING ON ST. GEORGE CAMPUS

Finding a private, comfortable and quiet place around the St. George Campus to breastfeed your child between classes or during your lunch break may be challenging. While it is your right to breastfeed anywhere on campus, the Family Care Office has prepared a list of spaces around campus where you may feel more comfortable. These places are open to mothers and their babies and would be a safe place to breastfeed your child and/or use a breast pump.

BREASTFEEDING LOCATIONS

- The Athletic Centre, 55 Harbord St. can offer its lobby (elevated level) off the Classic Ave. entrance as a possible location for breastfeeding. For a more private space you can also sit in the 50m Pool Gallery or the Pool Gallery for the Teach Pool (children's pool). In the Clara Benson Building (320 Huron St.), on the 3rd floor, there is a room (Room 315), adjacent but entirely separate to a washroom that has a comfortable couch which could be used fairly privately. You could also use the student lounge in the Clara Benson Building but this is generally not a private or quiet space. You do need student or membership ID to enter the Clara Benson Building.
- The Early Learning Centre (O.I.S.E. site), 252 Bloor St. W., can offer the child care centre as a comfortable breastfeeding and pumping location. Women need to buzz a staff member to be let in and this area is available from 8 am-6 pm weekdays. *From Monday to Friday between 11 am-12 pm and 4 pm-6 pm all staff may be in the playground area and so you would not be able to enter the centre during that time.
- The Family Care Office, 214 College Street, has a comfortable semi-private quiet waiting room which can be used as a breastfeeding stop. It may also be possible to make arrangements for pumping.
- **The Early Learning Centre** at 7 Glen Morris St. is a daycare centre. Buzz the front door entrance to the Early Learning Centre, 7 Glen Morris St. between 8 am-6 pm and could breast-feed in the lobby area space or in a private space downstairs.
- **The CAHRS Office,** 214 College St., 3rd Floor, can offer Room 310 (Breakout Room) as a private spot for both breastfeeding and for pumping. To make arrangements to use this room, please contact Usha at 416-978-4001.

- **The Centre for Women and Trans People**, 563 Spadina Avenue, Room 100, has a private, cozy space available during the day on a drop-in basis. You can contact them by phone: 416-978-8201 or email for their hours. They also have an unsupervised area with books, toys and crayons where you and your child could play.
- **The Grad Room**, 66 Harbord St. (Corner of Harbord and Spadina) provides University of Toronto graduate students with a lounge area and a multi-purpose space on the lower level. Graduate students are welcome to breastfeed in the lounge area but as this area can be crowded you may prefer to sign-out the multi-purpose room when it is not in use. The hours for the Grad Room are: Monday to Friday, from 7 am - 8 pm, and from 9 am - 7 pm on weekends. The multi-purpose room is only available for booking M-F from 10 am - 6 pm.
- **The Map and Reading Rooms in Hart House**, 7 Hart House Circle, are both comfortable, public rooms that are available for breastfeeding. However, if you prefer privacy to either breastfeed or pump, you can request a key at the HUB (open 7 am - 11:45 pm) for the North Sitting Room (when not in use). This room has a chair and power source. You will be required to leave your T-Card or a piece of photo ID at the HUB to check out a key for this room. Hart House does have an elevator.
- **Health and Well-being Programs and Services**, 263 McCaul Street, 2nd Floor, has a quiet but not private space that could be used for breastfeeding between 9 am-5 pm. Directions: Enter through the main entrance of University of Toronto Health Sciences Building, 155 College Street (Lawrence Bloomberg Faculty of Nursing) on the southeast corner of McCaul and College Streets. Take the elevator to the second floor. Follow signs for "Wheel Chair access to 263 McCaul Street". The directions will take you to a crossover bridge leading to the second floor of 263 McCaul Street.
- **The Medical Sciences Building** (MSB), 1 King's College Circle, Due to renovations the Breastfeeding Room has been temporarily moved to MSB 4237 (a women's washroom facility). This space has a couch, arm chair, two small tables and will have a paper towel dispenser and a baby changing station. There is no key required.
- **The Organizational Development & Learning Centre** (ODLC), 215 Huron St., 6th Floor has private breakout rooms that could be used for breastfeeding and pumping. A room would almost always be available between 9 am - 4:30 pm but please call Chris at 416-978-2066 to confirm.
- **Brennan Lounge** is located in Brennan Hall, 81St. Mary St., at St. Michael's College. It is a comfortable though not private space where you could breastfeed. The lounge is located on the first floor and has a small quiet seating area which adjoins the women's washroom, which is located across from the Chaplaincy office.
- **21 Sussex Avenue** (known as Sussex Court on the official campus map) is located at the corner of Sussex Avenue and Huron Street, in the shadow of Robarts Library. The student lounge located on the fourth floor in Room 421 is a quiet and comfortable location to breastfeed and pump. The building has a short flight of stairs to the main entrance (you can access a lift from street level to the main entrance) and an elevator inside that will accommodate a stroller. Generally this room is open weekdays from 10:30 am - 11 pm.
- **Robarts Library**, 130 St. George St., has a side room adjoining but separate from the women's washroom, Room 8037, on the 8th floor. This room is a quiet space and does have an electrical outlet so that you could also pump. To access this room you can take the escalator or elevator to the 2nd floor. Then take the elevator which accesses floors 2, 7, 8, and 14 to the 8th floor.

BABY CHANGE STATIONS

- **The Athletic Centre**, both the Warren Stevens Building, 55 Harbord St., 1st Floor and the Clara Benson Building, 320 Huron St., 3rd Floor, contain baby change stations in washrooms/change rooms.
- **Bahen Centre for Information Technology,** 40 St. George St., has baby change stations in the women's and men's washrooms on the first floor by the cafeteria.
- **The Faculty of Dentistry,** 124 Edward St., has a baby change station in an accessible washroom on the first floor, Room 119.
- **The Family Resource Centre** in the basement of the Early Learning Centre at 7 Glen Morris Street has a baby change station.
- **Hart House,** 7 Hart House Circle, has baby change stations in the washrooms opposite the Arbor Room on the lower level and in the accessible washroom on the ground floor opposite the Great Hall.
- **OISE**, 252 Bloor St. W., has a baby change station in the women's washroom on the 5th Floor.
- **21 Sussex Avenue** (known as Sussex Court on the official campus map) is located at the corner of Sussex Avenue and Huron Street and has a baby change station in its unisex 4th floor washroom, Room 402.
- **The Faculty Club**, 41 Willcocks, has a baby change station in the washroom on the main floor in Room 105.
- **Convocation Hall**, 31 King's College Circle, both men's & women's washrooms on the main floor have a change station and are accessible with a stroller.
- **Woodsworth College Annex**, 123 St. George St, has stroller/wheelchair access through a lift around the back of the building. The washroom on the second floor, Room 205, has a change station, however there is no elevator.
- **Varsity Centre & Varsity Pavillion**, 299 Bloor St. W, the entrance off of Devonshire Place is stroller/wheelchair accessible. Room 107 is a single user washroom with stroller/wheelchair accessibility and a change station.
- **Emmanuel College**, 75 Queen's Park Crescent, has a baby change station in their accessible single user washroom on the main floor.
- **Jackman Humanities Building**, 170 St. George St., has a baby change station in the accessible washroom on the 10th Floor, Room 1048.
- **The Medical Sciences Building** (MSB), 1 King's College Circle, has a baby change station in the women's washroom facility, Room 4237.

* The baby change stations available on the St. George campus are searchable through the interactive **U of T online map**. When doing a search, click on the "Washrooms" drop down menu on the left and be sure that the only selection checked is "baby change station."

For more information on childcare options, financial assistance, and parenting resources, please contact the Family Care Office.
416.978.0951 www.familycare.utoronto.ca

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FAMILY CARE OFFICE