

**State Policy
On
Setting up of Feeding Room for the purpose of baby care room
or nursing station or changing soggy diapers or feeding of infant
in public places**

Objective

Govt. of NCT of Delhi is planning for putting into place and an adequate facility with guidelines for construction and setting up of Feeding Rooms / Child Care Rooms in public places and public buildings. The objective is to take up responsibility for creating an environment that supports, protects and enables the mother and the child to have a comfortable, safe, hygienic and private place for nursing a child. The purpose is to formulate guidelines for the public utility departments and other sectors of public dealing for setting up of facilities for nursing mothers and her child.

Background

It is to encourage the importance of breastfeeding keeping in mind the holistic development of an infant and strengthen the bond between the mother and the baby. In addition to this, it is a medically proven fact that breastfeeding have reduced the risk of certain cancers such as breast cancer and Type 2 Diabetes and breastfed babies score higher on IQ Test. The World Health Organization (WHO) and UNICEF has also recommended that infants should be exclusively breastfed for the first 6 months of life, with the introduction of complementary food and breastfeeding to be continued for 2 years and beyond.

Initiatives

Govt. of NCT of Delhi is also exploring the possibility as to whether the requirement in this regard can be incorporated in the building plans to be sanctioned in future and whether the building bye laws can be amended to that extent. Several consultations were held with all the stake holding departments like New Delhi Municipal Corporation, DDA, NDMC, SDMC, EDMC, DWCD & U.D.

Parameters

An ideal nursing room for safe and secure environment for nursing mother and child should be as under:-

1. Provisioning of feeding room should be made a part of all public buildings for which necessary amendments in building byelaws can be made.
2. As far as practicable it should not be calculated towards FAR.
3. Room size should be adequate enough depending upon foot falls.

4. Sharp edges and hard corners shall be avoided inside the child care room.
5. One nursing counter with sink, mirror and disposal bin.
6. Use of non slip floor surfaces, easily cleanable finishes etc. is preferable.
7. It should be built as a rest room for the purpose of baby care room or nursing station or changing soggy diapers or feeding of infant preferably on the ground floor of the public building.
8. It should be easily accessible to all including persons with disabilities.
9. The area should not have access to others and a female attendant may be posted outside the area/room.
10. The room should be equipped with adequate nursing chairs, tables and washbasin.
11. A nursing room should have a child friendly atmosphere which should be properly lit and ventilated.
12. There should be a washroom attached to nursing room.
13. If the area does not have adequate space for a separate room, then nursing area should at least be shielded with curtains or flex walls from public view and privacy.
14. The State Govt. should carry out publicity campaigns and awareness generation programmes to encourage breastfeeding in public set ups.
15. An emergency alarm bell / button should be provided alongside the light button for mother to call someone in case of emergency.

Focus Points

In order to ensure biological and natural right of a mother to nurture her infant in public environment, the nursing rooms should be set up at all Bus Terminals, Bus Depots, Railway Stations, major Metro Stations, Court Premises, Shopping Complexes, Govt., Private & Commercial buildings, Cinema Halls/PVRs, Departmental Stores and Malls. The location of Child Care Room should be provided in way finding signage and in site plan for its easy reach.
