



Breastfeeding at the Pool

Sometimes mums are told not to breastfeed at public pools, either due to public disapproval or concerns about council rules on bodily fluids. However, asking a mum not to breastfeed for these reasons is discrimination.

Breastmilk is safe around pools

- Breastmilk does not pose any health risk to other swimmers.
- Pools are treated with chlorine to kill any germs that might enter the water.
- Breastfeeding mums can swim even if their breasts leak milk

1

Vomiting concerns

- Babies aren't more likely to vomit while breastfeeding than at other times.
- Mums whose babies vomit frequently are usually aware and take steps to prevent it wherever they go.
- Chlorine keeps the pool water clean.

2

'No Eating' rule

- Pools often have a rule against eating or drinking in the water. However, breastfeeding isn't the same.
- Breastmilk doesn't contaminate the pool like other food and drink might.
- Breastfeeding is not just feeding, it also comforts the baby and a baby can't predict when they'll need to be fed.

3

Australian law protects a mother's right to breastfeed in public under the **Sex Discrimination Act 1984**. This law makes it illegal to treat breastfeeding mums unfairly or to restrict their right to feed their babies in public spaces, including swimming pools.



More information
aba.asn.au/public

