



HISTORY, ANTHROPOLOGY, PHILOSOPHY and POLITICS

Family-friendly guidance for visiting scholars (updated July 2019)

Childcare for visiting scholars

Rascals Day Nursery on Upper Lisburn Road, Belfast, offers flexible childcare, on an hourly, half-day or full day basis (outside weekends and holidays). Places can be booked two weeks in advance. Parents/guardians need to liaise directly with the nursery to complete the required paperwork and payment. Additional T&Cs apply. Phone: 028 90628760.

Nursing/pumping



**breastfeeding
welcome here**

Nursing mothers are welcome to breastfeed on campus. Northern Irish businesses and venues that have signed up to the 'Breastfeeding welcome here' scheme (established by the Public Health Agency) display this logo. On campus this includes the Great Hall, Riddel Hall, Students' Union (Elmwood Avenue), Students' Union (Lisburn Road), Clements MBC, Clements PEC, Junction Café (PFC), Hope Café (McClay Library), Krem @ ECIT and Queen's Medical Centre.

Pumping rooms with fridges are available on campus on weekdays. One is located at Queen's Childcare, on 5 Rugby Road and another is available in SSESW.

If campus visitors wish to use the pumping rooms, their contact at Queen's should make prior arrangements with the Childcare Office, 5 Rugby Road, by contacting Brigid Doyle at Brigid.doyle@qub.ac.uk or Helen Ferris at h.ferris@qub.ac.uk, or 028 90328407 (9-5, Monday to Thursday). If demand for pumping facilities at an event/conference is high, or if it takes place at a weekend, it might be preferable to set up a designated pumping room close to the venue (with sockets, a small fridge, chairs, and covered ground-level windows).

Baby-changing

Baby-changing facilities are available in the bathrooms at the Welcome Centre, Lanyon Building.

Family-friendly suggestions for conferences/scholarly events:

- The conference website could mention the availability of the above, so as not to deter potential applicants with childcare responsibilities.
- Consider holding as much of the event as possible, or particular aspects of the programme (such as the keynote), within core-hours (10 am-4 pm).
- Live streaming and hashtags allow those who are unable to attend to participate in the discussion.
- Identify which accommodation options on your suggested list offer babysitting services, especially if evening receptions or dinners are included as part of the programme.
- Identify features of the conference programme that might be child-friendly, such as tours, or where partner/family members travelling with the delegate could be included.
- Suggested sightseeing activities for delegates' time in Belfast could include child-friendly options (see [NI4kids](#) or [WhatsonNI](#) or [VisitBelfast](#)).
- Consider accessibility when choosing dining options and make clear if venues chosen are not accessible or do not have baby changing facilities.
- Other ideas on ways to facilitate parents, including reducing time between participant commitments, organising activities for children at conferences, and virtual participation, are outlined [here](#).