Breast milk is known to be the best for your baby: in addition to containing all the vitamins and nutrients your baby needs in the first six months of life, breast milk is packed with disease-fighting substances that protect your baby from illness. Once you return to study, pumping is the alternative way to keep stimulating your breasts to produce milk. Through today’s technology, you can give your baby your breast milk, even though you are not physically with him/her. The best way to do so is by purchasing or renting a breast pump.

Beit Berl College has a very nice, comfortable, and well-equipped breastfeeding room. The room has a few cozy sofas, a changing table, a refrigerator where you can store your milk, a microwave, as well as a lock on the door so you can have some privacy. I personally go to the nursing room almost every break and I often meet mothers there who are pumping their milk. We always have small talks about the kids and share some experiences.

To sum up, if you have a strong desire to keep nursing your baby, don’t give up, because it’s certainly possible at Beit Berl College. The location of the room is just in front of the little Cafeteria next to the Dekel building (room 402).
הערה