

LAW FOR CHANGE STUDENT COMPETITION 2018

TEAM 1	PROJECT TITLE Breastfeeding – A Choice? A Right!
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Project Summary

Our project aims to focus on two areas - the empowerment of breastfeeding mothers and to improve the environment for breastfeeding. We have found out a lot of information and resources available for breastfeeding mothers online, for example, different websites and Youtube videos. However, most of them are out of date and inaccurate. They are insufficient to cater for the needs of breastfeeding mothers. Hence, our project aims to address the needs of the breastfeeding mothers directly and effectively.

Our project includes booklets which will cover common legal issues breastfeeding mothers may encounter when breastfeeding in public space and also possible solutions or suggestions in dealing with such situations. This is followed by the talks we will be holding with the assistance of student volunteers and legal practitioners which will serve as a supplementary part for the booklets. We intend to provide general legal education on breastfeeding specifically to the breastfeeding mothers, including the right they have and how they can defend the rights for themselves when being challenged. Informative videos providing more information of breastfeeding will be uploaded on line as well so that breastfeeding mothers can gain access to them wherever and whenever they are.

To ensure the accuracy and quality of the booklets and workshops, student volunteers will be joining a training session held by legal practitioners. We will make sure the contents delivered to our target group are valid and flawless.

For the improvement of the environment for breastfeeding, we will be launching a web-based app including the location and facilities of all nursery rooms for breastfeeding mothers. They can choose the nearest nursery room according to where they are to cater to their needs. A map of the distribution of nursery rooms with respective facilities will be provided. Also, we will be cooperating with public place owners including shopping malls and restaurant to provide assistance to breastfeeding mothers when they are in need.

Need Assessment

1. The selected social justice issue: right to breastfeed

Breastfeeding is an issue concerning both human rights of children and mothers.

According to the United Nations, children have the rights to survival and development, as well as rights to the highest attainable standard of health. The women also have the rights to a friendly environment and appropriate conditions in public places for breastfeeding.

One of the United Nations Sustainable Development Goals being “ensuring healthy lives and promote well-being for all at all ages”, breastfeeding is the best source of nutrition and beneficial to the mental development of the children, illustrating the essentialness of it. Hence, breastfeeding should not be only an option, but indeed a right for every mother, also their families, to rear their next generation. It is the mothers’ rights to breastfeed their babies anywhere and at any time. Hindrances for the mothers to exercise such rights should neither be tolerated nor justified in any civilized societies. However, considerable barriers to breastfeeding still remain in Hong Kong.

2. Needs assessment and gap analysis

The ever breastfeeding rate in Hong Kong maintains at a high level in recent years, reaching 86.8% in 2016 (Department of Health, 2017). Around 75% of the breastfeeding mothers had tried or wished to breastfeed their children in public places, i.e. without going to the private sphere, with large shopping malls (55.0%) and restaurants (62.0%) being the most popular locations. Half of them contended that there is no available nearby breastfeeding room (51.4%) or they have to respond to immediate needs of their children (48.2%). 31.0% are forced to breastfeed in public because of the inconvenience in using nursery rooms, including the difficulty to locate, long queue and the rooms were locked. On the contrary, over two-thirds of those who had chosen not to breastfeed in public expressed their need for privacy when breastfeeding (66.9%). It can be shown that breastfeeding is now a common option for mothers and there is demand for **both**

public and private space to support breastfeeding (Department of Health, 2016).

Nevertheless, as revealed by the research, breastfeeding mothers are facing various difficulties in continuing breastfeeding. It is worth noting that 33.4% of the mothers had encountered unpleasant experiences when breastfeeding in public. Among them, 60.3% had been stared at by others, while 30.0% of them had been requested to breastfeed in the toilet or other places, or even stopped doing so (11.1%). Regarding mothers chosen not to breastfeed in public, 35.3% of them have fear of being stared at and 26.1% of them were discouraged by the unsupportive attitude of the general public.

From the above research, it can be concluded that breastfeeding mothers are mainly hampered by two hindrances: the lack of breastfeeding areas catering to their needs and the public’s unsupportive conducts or attitude. The needs should be tackled from two spectrums: (1) the public sphere and (2) the private spheres.

(1) the public sphere

Regarding the public areas, the problems come from the reactions from the surroundings. A survey on public perception (Department of Health, 2015) reveals three main explanations for the public’s unacceptance, namely breastfeeding making others embarrassed (60.8%), breastfeeding in public places being indecent (41.2%) and breastfeeding should be done in baby care rooms or other places (24.0%).

It is understandable that in a Chinese society upholding traditional values and being conservative, the conventional concepts and the deep-rooted values prevent the society from accepting breastfeeding in public, which involves exposing private parts of women. Though the mothers’ rights to breastfeed should be respected, **we believe that for breastfeeding to be widely accepted and supported by the public, the general values underpinning a society’s culture should also be respected.** Hence, our project will try to walk the first step to promote a **balance** between the rights of breastfeeding and the general public’s views, which both parties should cede to some extent.

(2) the private sphere

Moving on to the private sphere, there is a view that there are no available breastfeeding rooms. Upon our researches, nursery rooms are commonly set up in government premises, shopping malls and office buildings. However, the facilities provided are uneven. While some consist of well-equipped private breastfeeding compartments, some only provide nappy changing tables. Even the mothers can locate nursery rooms with suitable facilities, there is inconvenience stopping them from using the rooms, for example, the rooms were locked and assistance from staffs is needed to open them.

With limited resources, our project will not focus on encouraging the public places to provide more facilities or to improve their existing ones; instead, our project will assist the mothers to locate the nearest nursery room with the facilities suiting their needs.

3. How does this project touch on the 2018 theme

Self-evidently, mothers and their children are involved in the breastfeeding process which is the fundamental part of the family. Children as an integral part of most families, their growth has always been the greatest concerns of all. The certainly includes the right to be breastfed. Mothers as an irreplaceable part of most families, their right to choose to breastfeed their babies can never be exploited.

Our community is also relevant to the theme. One reason is that family is the basic unit of forming a community. Another reason is that breastfeeding may take place in public areas shared by our community. What is more, the cultural controversies towards breastfeeding is one of the biggest hurdles faced by the mothers. By spreading the message that the right of breastfeeding of women and children are protected by law and infringing upon such right attracts punishment, the legality of breastfeeding is emphasized. At the same time, it raises the awareness of the public on the existence of such right and encourages them to be inclusive and give a helping hand when breastfeeding mothers encounter difficulties.

GOALS, OBJECTIVES & DETAILED PROJECT PROPOSAL

Goals

1	To increase the awareness of the community towards breastfeeding as a right
2	To promote a harmonious community where people respect the act of breastfeeding
3	To propel the Legislative Council towards the law reforming for breastfeeding rights.

Objectives

1	To foster breastfeeding mothers' knowledge of legal protection for their rights
2	To provide breastfeeding mothers' with the tool to locate the nearest and the most suitable breastfeeding facilities in their daily lives
3	To raise university students' awareness of problem faced by the breastfeeding mothers and engage them with pro-bono work;
4	To provide analyzed and relevant information and data for the Legislative Council in law reform in relation to the needs of breastfeeding mothers

Detailed project proposal

ACTIVITIES

1. Booklet

Stakeholder engagement: Legal practitioners, public places

We will use the booklets to educate citizens the breastfeeding mothers' rights and the way to support the breastfeeding mothers. To illustrate the situation in a clear and easily understandable manner, we would use characters and cartoon to help with the explanation.

There are 3 parts in our booklets:

a. What may the breastfeeding mothers do to avoid embarrassment?

In 2015, a survey revealed that 19.7% of the respondents expressed that it is unacceptable to have women breastfeeding near them in public places (Department of Health, 2015). Although the ultimate aim of our project is to change the mind of the citizens, it takes time for education and promotion to be effective. In order to avoid conflict and to promote a harmonious society, it is suggested that the mothers also have to be considerate towards other public place users.

Therefore, the booklets will provide ways to balance the needs of breastfeeding mothers and the voice of the public. They may search for nursery room nearby with the assistance of our apps. If there is no available nursery room, the breastfeeding mum may seek help from some breastfeeding-friendly restaurants as suggested in our apps. The final resort would be breastfeeding in public. The mothers may choose a less crowded area and cover herself with breastfeeding scarf to avoid embarrassing situation.

b. How can the occupiers provide assistance?

The important fact that it is not necessary to set up a nursery room will be highlighted in our booklet. The occupiers may simply help by respecting the freedom of the mothers to choose where to breastfeed. It may be better if the staff can arrange a place with more privacy for the mothers who are in need.

The Guide to Establishing Breastfeeding Friendly Premises as published by the Department of Health will be taken as a reference.

c. What may the breastfeeding mothers do when they are discriminated?

We will illustrate various unpleasant situations that may be faced by the breastfeeding mothers with suggested responses.

For example, when being requested to stop breastfeeding in the restaurant or being requested to breastfeed in the toilet or other places instead, the mother may refer to section 19 of the Family Status Discrimination Ordinance. The mothers may speak to an officer of the EOC for information about your rights under the law by calling the EOC Enquiry Hotline and lodge a written complaint with the Equal Opportunities Commission ("EOC"). If the matter cannot be successfully resolved, the complainant may apply to the EOC or Legal Aid Department for legal assistance to take the case to court.

As a result of knowing their legal rights, the relevant parties will be able to protect themselves.

Legal practitioners' engagement:

Legal practitioners will be invited to help us scrutinize the information provided in the booklet. We will offer to include the name of their firms or chambers in our booklets for the purpose of marketing and promoting.

Public places' engagement:

For public places with nursery rooms, we would distribute posters, which are with QR Code of our booklets in electronic version, for them to display inside the nursery rooms, so that breastfeeding mothers using the rooms can get access to the booklets.

2. Workshops

Stakeholders engaged: NGOs, student volunteers

Workshops will be held to inform the mothers their legal rights to breastfeed, as well as demonstrating the solutions to tackle the possible real-life breastfeeding barriers. Hard copies of the booklet will be distributed to the participants as a teaching material.

NGOs' engagement:

Currently, the workshops organized by the NGOs teaches breastfeeding mothers the techniques to breastfeed and the health-related issues associated with breastfeeding. We would invite the NGOs to include us in the workshop for an additional part.

By approaching the NGOs, we can utilize the existing arrangements made by the NGOs, building connection with breastfeeding mothers easier and make good use of the venues provided by the NGOs. Moreover, based on the NGOs' regular contact with breastfeeding mothers, they can help identify the current key needs of the mothers, which can help us to refine the content of the workshops.

Two of our possible partners are Natural Parenting network and La Leche League Hong Kong, which has been organizing breastfeeding workshops.

Student volunteers' engagement:

As manpower is needed for conducting the project, law students will be recruited with the assistance of the Law Associations in different universities. One reason for involving students in the pro bono work is to provide an opportunity for them to apply their legal knowledge and contribute to our society. They will be given a chance to organize talks and make presentations. Various skills can be trained, including communication skills, interpersonal skills and so on. They will also be paired up with legal practitioners who will be invited to hold training sessions and provide feedback of their performance. Being able to work with legal practitioners will be a big incentive to encourage students to participate in the project. Raising the awareness of our student volunteers of the right to breastfeed is the first step in raising awareness among the community. We hope they can help us spread the message through their influence in their own communities.

3. Apps

Stakeholders engaged: Student volunteers, public places

A web-based app will be launched to provide comprehensive and accurate information of nursery rooms and related facilities to cater for the needs of breastfeeding mothers. We will base on the information provided by the existing websites in relation to the location and facilities of the nursery rooms. We will further modify by adding more details about the nursery rooms, including photos showing the environment and also the facilities available. We hope to enable the mothers to search on the map for the closest nursery room which cater to their needs. A system of rating and comments will also be created for the users so that the mothers can take as reference when choosing the room.

Apart from that, the app will also include public places whose owners have agreed to provide assistance for breastfeeding or are breastfeeding friendly, for example, restaurants and shopping malls. We will take reference from the list of participants in Say Yes to Breastfeeding of UNICEF as our first branch of public places to approach. Then, we will contact government premises, shopping malls, office buildings, restaurants and chain shops which are not on the list. Therefore, mothers who wish to breastfeed without going to the nursery rooms can choose to go according to their location and needs. The app will be maintained regularly to make sure the information is updated.

Student volunteers' engagement:

Student volunteers will be helping us to verify the accuracy and update of the information.

4. Informative video

As some of the breastfeeding mothers may be occupied taking care of their babies and may not be interested to take part in the workshops organized by the cooperating NGOs, an informative video will be produced to sum up the knowledge we have provided in the workshop, which includes the legal right of the breastfeeding mothers, as well as demonstrating the solutions to tackle the possible real-life breastfeeding barriers.

5. Research to be submit to LegCo

In order to formulate a better nursery room policy, we will collect the opinion as provided by the breastfeeding mothers and the nursery room users.

In conducting the workshops, we will have the opportunities to get in touch with the breastfeeding mothers, a survey will be done on their needs regarding the nursery room, for example, what facilities are the mostly needed to suit their need. Our apps will also collect feedback from the nursery room users, regarding the comments on the existing nursery room, and the places where they would like a nursery room to be set up.

PROJECT TIMELINE

Time	Activities	Outputs
STAGE 1 Stakeholder Recruitment		
Feb 2019	Contacting NGOs	Partner with 2 NGOs
	Contacting public places by negotiating with the public place owners to collaborate with us to protect the breastfeeding rights.	Partner with at least 3 public places in each sub-district
	Contacting law firms/legal practitioners by sending out invitation emails to different law firms and chambers	Inviting 4 to 5 legal practitioners to be our mentors, especially those whose practice areas are of human rights
Feb & Sep 2019	Recruiting student volunteers by sending a poster with details of the workshops and training provided to the Law Associations.	1 recruitment session will be held in each semester Recruit around 20 law student volunteers from different universities each time
STAGE 2 Preparation		
Mar 2019	Preparing the booklet and poster	30 booklet and at least 50 posters will be printed (depends on the workshop participants and public places connected)
	Preparing the map of the nursery rooms	Locate the nursery rooms as provided by the present information and verify the information
Apr, Oct 2019	Training for student volunteers	2 training session will be held
Apr 2019	Preparing for the workshop	Confirm the speaker of the workshop and number of participants
STAGE 3 Implementation		
May 2019 – Jan 2020	Workshops for breastfeeding mothers	At least 10 workshops will be held every year, but need to collaborate the time and venue with the NGOs
May 2019	Poster distribution	Poster will be stuck in the nursery room or where the public place allowed
Jun 2019	Development of the Informative video	A 3 to 4 minutes informative video will be produced
Jun & Jul 2019	Web-based app development	The map, facilities of the nursery room and feedback collection function are included in the apps
STAGE 4 Post-Implementation		
Jul 2019	Uploading the informative video	The informative video will be uploaded to YouTube and included in the app
Aug 2019	Publishing the web-based app	The web-based app will be launched in both Apps Store and Google Play
Jan 2019	Submission of the research report to the LegCo	Gather the information collected and draw a conclusion on the findings
After Feb 2019	Continuable workshops	

BUDGET & MEASURES TAKEN TO BE COST-EFFECTIVE

Cost effectiveness: Given that a cost-efficient model will be applied in the project, the labour provided by the student volunteers and available pro bono services in Hong Kong will be utilized to reduce some costs in our projects, including the designing work of the

booklets and posters, shooting and editing of the video and so on. Hence, the possible costs that would be incurred in the preparation of materials at different stages are as follows:

Category	Item	No. of units	Cost per unit (HK\$)	Expected expenditure (HK\$)
STAGE 2	Print: Booklets for the workshop	350	15	5,250
	Print: Training sessions handouts	60	5	300
	Print: Promotion posters	300	2	600
	Lights snacks for training sessions	25	100	2,500
	Launching the app on Apple App Store	1	780	780
	Launching the app to Google play	1	200	200
STAGE 3	Light snacks for workshop participants, including food and drinks	10	500	5,000
	Souvenirs for participants	300	30	9,000
STAGE 4	Print: Final report	10	10	100
Contingency expenditure	Venue for training sessions for volunteers	2	2,000	4,000
	Venue for workshops for breastfeeding mothers	20	1,000	20,000
	Contingency administrative/miscellaneous expenditure			500
		TOTAL (HK\$):		48,230

INNOVATIVENESS & SUSTAINABILITY

Our project is different from the existing services provided in three ways.

1. Contents focus on empowerment

There have been different institutions and organizations providing information about breastfeeding. For instance, Natural Parenting Network teaches the way of breastfeeding; Department of Health (Hong Kong) includes health-related issues in relation to breastfeeding and babies. Instead of focusing on educating breastfeeding on the knowledge base, we focus on empowering the breastfeeding mothers, equipping them with adequate knowledge about the right of breastfeeding and how they can exercise their right in public.

Different from encouraging breastfeeding which the UNICEF has been doing, we put ourselves in the breastfeeding mothers' shoes and try to foresee the common hurdles they have when breastfeeding in public. We hope to create a better environment for them to breastfeed in public space. We also hope to provide suggestions for the mothers so that they know how to handle and protect their own right when they face foreseeable difficulties during breastfeeding in public space.

We believe that breastfeeding is an internationally recognised right where all mothers should be able to enjoy. After all, it is impossible to provide assistance promptly to the mothers when they are challenged during breastfeeding in public space. Hence, it is of vital importance that the mothers are prepared and equipped to defend the right themselves and speak up for themselves and their babies when their right are being deprived of. We wish to empower the mothers instead of merely providing them with the assistance.

2. More comprehensive information on the list of breastfeeding friendly place

It is not difficult for breastfeeding mothers to search online for the list of nursery room and the location of such service according to their needs. However, the information provided on the website is out of date already and has not been updated for long. Also, a lot of information is missing, for example, the facilities provided and how the room looks like. There are some nursery rooms only for nappy changing instead of

breastfeeding. Some do not provide breast pump machines. The standard of hygiene is also concerned. If the room is very small with only a table for nappy changing, it is not suitable for mothers to breastfeed. But the mothers may figure it out from the websites due to the lack of the detailed information.

Therefore, we hope to provide more comprehensive and accurate information to cater for the needs of breastfeeding mothers. We have proposed to launch a web-based app providing the facilities included by each nursery room and its environment. The mothers will be able to search on the map the closest nursery room which cater to their needs. A system of rating and comments will also be created for the users so that the mothers can take as reference when choosing the room.

Apart from that, the app will also include restaurants which agree to provide assistance for breastfeeding or are breastfeeding friendly. Therefore, mothers who wish to breastfeed without going to the nursery rooms can choose to go according to their location and needs. The app will be maintained regularly to make sure the information is updated.

3. Information directly delivered to breastfeeding mothers

To make sure the information we provide on the app and booklets can reach our target group, we also propose workshops to make sure our messages can be delivered directly to breastfeeding mothers. We will be collaborating with non-government organizations, with the help of student volunteers and legal practitioners. There have been many workshops or talks organized by different organization for breastfeeding mothers to enrich their knowledge about breastfeeding mothers, including the way to breastfeed. We will be joining the workshop or talks and be given a part to talk about our booklets and apps. They will serve as a supplement to the booklets. Instead of merely reading the booklets, we will talk about the contents in a more detailed and interactive way. For instance, we will explain the terms in the booklets in laymen terms to the mothers, especially in relation to legal concepts. We will also invite mothers to be involved in our demonstration on how to deal with the possible difficult situations faced when breastfeeding. We will give suggestions as to

the performance of the mothers and how they should react.

Involving student volunteers not only can solve the problem of lack of labour in our project, but also provides the law students an opportunity to demonstrate their legal knowledge and contribute to our society. Legal practitioners invited will be acting as an advisor or mentor to give us advice on the contents of the talks or workshops. They will also be paired up with our student volunteers to provide feedback in relation to their performance. Hence, students can improve their presentation skills and leadership skills through this project.

Sustainability

The issue of sustainability is vital to this project. There are always new-coming breastfeeding mothers that need to know about their rights. What is more, in order to increase public awareness and acceptance of breastfeeding in public, long-term education and promotion are needed. Hence, we would like to continue our activities after the 1-year project, including organizing the workshops and maintaining the apps.

To continue the workshops, one concern is the venue. We have a few ideas to solve the problem. One way is to continue to liaise with the NGOs so that we can share a part of the talks or workshops they provide to the breastfeeding mothers so that we can talk about our booklets. In this way, we do not need to worry about the venue problem. Meanwhile, we will continue to search for new cooperating NGOs so that we can reach more target groups and make sure new breastfeeding mothers can gain access to our services. With the experience of the NGOs in organizing workshops and promoting breastfeeding, we believe the workshops will be of success. Apart from that, if there is a lack of provision of the venue, we will also consider booking venues. We can either partner with School of Law in the university to help us book rooms or rent a room if we can obtain funding from other sources.

For the student volunteers, in order to encourage more students continuously joining our project with passion and enthusiasm to contribute to our society, we will provide incentives by pairing them up to work with legal practitioners. Various skills can be sharpened, including presentation skills, interpersonal skills and so on. Their knowledge related to breastfeeding rights will be greatly enhanced too. Moreover, welcoming sessions and regular meeting will be organized to allow them to know one another and expand their social circles. We believe these benefits they can gain from the project will be a great incentive for them to join us. We will also be recruiting people from different sectors who are interested in joining us, for example, app developer volunteers who can help maintain the update of the app. If resources allowed, we would hire an apps developer to maintain the apps.

For the booklets, as they are e-version, we can amend it from time to time. Hence, the contents will be updated regularly. For the informative videos, it requires no venue or partners. Hence, as long as we have the shooting and editing assistance, we can continue to make educational videos and upload them online including Youtube. Breastfeeding mothers who are in need will be able to watch our videos. The links of the videos will also be included in our e-version of the booklets.

MONITORING & EVALUATION

Outputs

The organizers of this project will review whether the numerical expected outputs, as listed above in the timeline, are met.

Objectives

Monitoring

1. Accuracy of information provided in booklets and workshops: Booklets and teaching materials will be checked by legal practitioners before distribution to ensure breastfeeding mothers receive accurate legal knowledge.

Evaluation

1. **Feedback from law firm and legal practitioners**
Law firms and legal practitioners providing pro-bono training to students will be invited to give feedback on the quality of the students' presentation skills after the first training session, including whether they present the knowledges clearly and interestingly. The comment given by the law firms and legal practitioners will be reviewed and used to improve the second training session.
2. **Feedback from workshop participants**
Breastfeeding mothers joining the workshops will receive a pre-and-post questionnaire. The pre-test is used to find out the understanding of their legal knowledge, while the post-test is to analyse whether they effectively acquire the knowledge shared within the workshops, whether they have other information they wish to know more about and their general feedback and suggestions

regarding the rundown of the workshop. The feedback will be used to review and adjust the teaching materials of the future workshops.

3. **Feedback from NGOs partners**

NGOs partners will be invited to give feedback on whether they found the information provided by the workshop and the apps useful, what information the NGOs would suggest us to emphasize in the future workshops. and whether there are fewer breastfeeding mothers expressing their concerns regarding the unpleasant experience when breastfeeding in public.

4. **Feedback from student volunteers**

Students will be asked for feedback on the training session and the workshops. Regarding the training session, we would like to know whether they found the training session equip them with the applicable presentation skills and legal knowledge. As for the workshops, we would like to know whether they face any difficulties in conducting the workshop, so that we can strengthen their ability to tackle the problem in the next training session provided.

5. **Evaluation of legislation**

As the Discrimination Legislation (Miscellaneous Amendments) Bill 2018 was published in the Gazette on November 30, the Family Status Discrimination Ordinance is likely to be amended in close future. Therefore, we will evaluate the legislation to make sure the information provided in the booklets and the workshops is up to date. ■

REFERENCE:

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