

Creating a Breastfeeding Friendly Environment

Here are some ways that you can make a mother who is breastfeeding feel more comfortable:



- ♥ When a woman with a baby visits your business or organization, allow her to pick a spot where she will be comfortable breastfeeding if she chooses.
- ♥ Talk to her in a comfortable manner. Ask her about her baby.
- ♥ Making eye contact with a mother who is breastfeeding shows her that you are comfortable with it and that you support her.
- ♥ If a customer, client or member of the general public expresses concern about a woman breastfeeding in public:
 - ♥ Explain that your business or organization welcomes breastfeeding.
 - ♥ Share that the Ontario Human Rights Commission recognizes breastfeeding as a human right.
 - ♥ This means that women have the right to breastfeed their babies anytime, anywhere.
 - ♥ Offer to move the concerned individual to another seat instead of offering another seat to the breastfeeding mother. This supports the fact that breastfeeding her baby is a right.

Please do not ask a nursing mother to breastfeed in the washroom.

It is uncomfortable and most mothers will find it disturbing and offensive.

To order your free “**Breastfeeding Welcome Here**” window cling, Contact Dawn Hanes at the Peterborough County-City Health Unit 705-743-1000, ext. 289.