

### **These premises are breastfeeding friendly because:**

- We want to support the needs and rights of our customers, visitors or clients and be more family friendly
- Babies need feeding when they ask for it. Their stomachs are very small and breast milk is quickly digested
- Breastfeeding is good for babies because it protects against a range of illnesses
- Breastfeeding works best when mother and baby are relaxed
- Hungry, upset babies and infants will generally be helped to calm down and become quiet when breastfeeding. This is good for all our customers and clients.

### **Ways staff can support breastfeeding mothers**

- Stop for a brief chat to make it clear that breastfeeding mothers are welcome
- Offer a chair if the mother does not have one
- Ask if any help is required
- If available or appropriate, ask if privacy to feed discretely is required
- Offer a glass of water.

