

Breastfeeding out and about



This leaflet provides information on breastfeeding
out and about

USEFUL CONTACTS

www.hertfordshire.gov.uk/breastfeeding

National Breastfeeding Helpline 0300 100 0212

National Childbirth Trust 0300 330 0771

La Leche League 0845 120 2918

Breastfeeding Network Support line 0300 100 0210

The Breastfeeding Network Support in Bengali/SYLHETI 0300 456 2421

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Breastfeeding Out and About

Breastfeeding is the perfect way to feed your baby. It supports your baby's growing needs, helps you and your baby grow closer and makes a difference to the health of both of you. The Department of health recommends exclusive breastfeeding for six months and to continue beyond this alongside the introduction of solid food.

Did you know that in England and Wales the Equality Act 2010 has made it illegal to stop a mother breastfeeding in a public place such as a shop café or on public transport.

Helpful tips for breastfeeding when out and about

You should not feel awkward about breastfeeding when out and about, breastfeeding is something to be proud of. You may feel a little apprehensive at first, but the more you do it the more confident you will become.

Some mothers have found the following tips helpful:

- **Wear comfortable loose fitting clothes that allow you to feed your baby easily.**
- **A vest underneath your usual top can stop your tummy being exposed.**
- **Using a scarf or muslin can provide extra cover.**
- **Practice in the mirror at home or in front of a friend/relative.**
- **Plan the first timemany places are breastfeeding friendly.**
- **Take a relative or friend with you for extra support until you feel more comfortable and confident**
- **Recognising your baby's feeding cues means you can start the feed before your baby starts crying helping you both stay relaxed.**

Need further help ?

Hundreds of babies are breastfed every day outside of the home without any problems. If you need further information the following sites may be helpful:

Maternity Action (a national charity working to end equality)

www.maternityaction.org.uk

Telephone : 0845 600 8533

<http://www.unicef.org.uk/BabyFriendly/Parents/Resources/AudioVideo/Public-breastfeeding/>

www.bestbeginnings.org.uk/babybuddy

www.healthystart.nhs.uk

External websites may also have some helpful ideas :

Breastfeeding Network on breastfeeding in public

La Leche League on breastfeeding in public

Kellymom.com on breastfeeding in public

References

Maternity Action <https://www.maternityaction.org.uk>

Start4Life 2013 www.nhs.uk/start4life

[UNICEF The Baby Friendly Initiative : unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)

UNICEF UK Baby friendly Initiative((2012) Guide to the Baby Friendly standards