


A checklist for becoming breastfeeding friendly

- Review the "Make Breastfeeding Your Business" information we have provided.
- Create a breastfeeding policy.
- Discuss with your staff the importance of their support in creating a Breastfeeding Friendly environment for clients and co-workers.
- Ensure new employees learn about the breastfeeding policy during orientation.
- In addition to your breastfeeding policy, ensure all staff are aware that breastfeeding is a protected human right and women in Nova Scotia have the right to breastfeed everywhere.
- Display the  International Breastfeeding Symbol.
- Once managers and staff have learned how to support breastfeeding, display the international breastfeeding symbol and/or post a sign that shows everyone that breastfeeding is welcome.
- Ensure all pregnant employees are aware of available breastfeeding supports they will receive upon returning to work.
- Meet with pregnant employees before their maternity leave.
- If possible, provide a place for parents to change diapers.
- If possible, provide a space for women, who choose, to feed their babies in private or to pump.



The International Breastfeeding Symbol

This important symbol has the potential to change the world for the better. It can be used by anyone to express their support for breastfeeding in their home and work environment. It can be used by shopkeepers, restaurant owners, and other businesses as well as organizations to let customers and employees know that breastfeeding is welcome inside.

