

## Staff tips for supporting public breastfeeding

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

- Ask a woman with a baby where she would like to sit. Allow her to pick a spot where she will be comfortable breastfeeding, if she chooses.
- Talk to her in a comfortable manner. Ask about her baby.

## How to deal with a concerned customer or employee

If a customer expresses a concern about a woman breastfeeding in public:

- Explain that you are a family friendly establishment and it is your policy to support breastfeeding.
- Explain that the Nova Scotia Human Rights Act and Breastfeeding Policy protect a woman's right to breastfeed in public.
- Offer to move the concerned customer to another seat instead of offering another seat to the breastfeeding mother. This supports the fact that breastfeeding her baby is a right.

photo courtesy of Krissy Woodland



It is recommended by Health Canada that babies be exclusively breastfed for the first six months of their lives. Breastfeeding is encouraged to continue after solid foods are introduced up to and beyond 2 years of age.

 Nova Scotia Promotes, Protects and Supports Breastfeeding

Nova Scotia Human Rights Act and Breastfeeding Policy protect a woman's right to breastfeed in public

If You Have Any Questions Please Contact Us At Public Health Services: 736-7957

