



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
 - Offer a glass of water.