

Creating a Breastfeeding Friendly Business



Tips for Staff

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 her about her baby.
- ♥ Making eye contact with a mother who is breastfeeding shows her that you are comfortable with it and that you support her.
- ♥ If a customer expresses a concern about a woman breastfeeding in public:
 - ♥ Explain that you are a Breastfeeding Friendly Business and it is your policy to support breastfeeding
 - ♥ Explain that The Ontario Human Rights Commission recognizes breastfeeding as a human right as outlined in the Policy on Discrimination Because of Pregnancy and Breastfeeding. This means that women have the right to breastfeed their babies anytime, anyplace.
 - ♥ 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.

Please do not ask a nursing mother to breastfeed in the washroom.
It is uncomfortable and most mothers will find it disturbing and offensive.



To learn more, visit justfood.ca/bfb