

Breastfeeding-Friendly Municipalities

Creating Communities that Welcome all Families

Being able to breastfeed at any time and in any space is necessary for a woman's full participation in society..

Moreover, it is a basic human right protected by Quebec's Charter of Human Rights and Freedoms.

90%

of Quebec residents feel it is important for governments to invest more in the wellbeing and development of young children

survey conducted by Léger in 2020

5 Steps Forward

1

Adopt a resolution and a policy

Promote the municipal council's decision to support women and people who breastfeed

Adopt a policy or add provisions to the family policy to facilitate breastfeeding in public spaces

The international breastfeeding symbol is copyright-free. Use it generously!

2

Act locally

Take steps so mothers and children feel safe when breastfeeding

Set up breastfeeding rooms or areas for families who need them

3

Educate municipal staff and the population

Ensure that municipal employees understand the policy, follow it, and help implement it

4

Support community breastfeeding resources

Find ways to support the volunteers and groups that are rooted in your community

Participate in local initiatives, for instance during World Breastfeeding Week

List municipal facilities on the Route du lait

5

Your role as an employer

Support breastfeeding employees with concrete measures

Raise awareness about the importance of supporting breastfeeding co-workers

