

Breastfeeding in public

Checklist

- It is **completely legal** for you to breastfeed your child in any public place no matter how old your child is!
- Dress for nursing!** Whatever makes you feel comfortable and confident! This could be your regular clothes, a nursing top or nursing cover, a muslin cloth or scarf....
- Practise** a couple of times **in front of a mirror** before venturing out. It can help to boost your confidence
- Get used** to feeding around other people by visiting a **breastfeeding support group**
- Bring your partner** or support person along initially
- Plan ahead**, allow for feeding breaks when out & about
- Bring something to **distract** you from unwanted looks, i.e. a book or your phone or simply make eye contact with your baby 😊