

# BUILDING A BREASTFEEDING COMMUNITY

Tips for businesses to support members of the public

As a business you have a crucial part to play in helping to build a breastfeeding community here in Northamptonshire.

Our top tips will help make sure your business is breastfeeding friendly!



1. Make it clear that people are welcome to feed anywhere - and provide somewhere private if they want it (not a toilet!)
2. Advocate for Mum if anyone makes a negative comment
3. Ensure changing facilities are accessible and clean
4. Offer Mum refreshments while she feeds
5. Make sure all your staff have a positive attitude, are welcoming, accepting and flexible to Mum's needs
6. Display a 'breastfeeding welcome here' sign to offer Mum some reassurance.

Don't forget: if you make your business family friendly, you also make it breastfeeding friendly!

📞 07795 110109  
🌐 [nhft.nhs.uk/0-19](https://nhft.nhs.uk/0-19)



**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

# BUILDING A BREASTFEEDING COMMUNITY

## Tips for businesses to support their staff

As a business you have a crucial part to play in helping to build a breastfeeding community here in Northamptonshire.

Our top tips will help make sure your business is breastfeeding friendly for your staff!



1. If possible give Mums breaks and somewhere private to express
2. Give Mum breaks to express
3. Provide somewhere secure for Mum to store expressed milk
4. Acknowledge that what Mum is doing is important
5. Advocate for Mum if anyone makes a negative comment
6. Discuss the info on the website: [bit.ly/breastfeedingatwork](https://bit.ly/breastfeedingatwork) with Mum when she returns to work from maternity leave

Don't forget: helping Mum to continue to breastfeed will help hers and her babies wellbeing.

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