

Staff Tips for Supporting Breastfeeding in Public

Promoting, protecting and supporting breastfeeding. Respecting the decision each parent makes about how to feed their baby.

Health Canada recommends babies receive only breastmilk for the first six months of life. Breastfeeding is encouraged to continue after solid foods are introduced up to two years of age and beyond.

Here are some ways you can help breastfeeding families feel more comfortable:

- Ask a person with a baby where they would like to sit so they can pick a comfortable spot.
- Make eye contact with a breastfeeding parent to show you are comfortable and you support them. Talk to them about their baby.
- Accommodate a parent's request for privacy. If available, direct them to an area that is more private.
- Note that washrooms are not a suitable place for anyone to eat, including a breastfeeding child.
- Be supportive of coworkers who are breastfeeding.

If a customer expresses concern about a person breastfeeding in public:

- Explain that you are a breastfeeding-friendly business that welcomes breastfeeding.
- Explain that the *Ontario Human Rights Code* protects the right to breastfeed in public. A parent should **not** be asked to stop, cover up, or asked to move to another area.
- Offer to move the concerned customer to another seat instead of offering another seat to the breastfeeding parent.