

The most natural thing in the world.

There aren't many more natural things than breastfeeding your baby, but it can take a while to get used to - especially when you're out shopping or with friends.

You don't know where to go, what clothes to wear or even how to lift your top up (or down!) without revealing all. And it's natural to worry what other people might think.

This leaflet is full of useful info to help give you the confidence to feed anywhere. There's stuff on how to feed privately and how to wear clothes that keep you covered. There's also some really good advice on how to handle those strange people who still think that babies should be fed in the toilet!

However you choose to feed your baby, good luck!



How do I find out more?

If you've any more questions the best thing you can do is talk to other mums about it.

If you're not already part of a group, here are some suggestions:

Local support

Contact your Health Visitor or local Children's Centre for details about **Breastfeeding Support Groups** and **Baby Cafés** in your area.

Your local Breastfeeding / Baby Friendly Coordinator is **Sally Goodwin-Mills, Tel. 07712 214867**

For more information about breastfeeding in Leeds, please visit:
www.familyinformationleeds.co.uk

National Breastfeeding Helpline

0300 100 0212 (9.30am - 9.30pm)



Breastfeeding. Feel comfortable feeding in public.



How can I avoid feeling exposed?

Breastfeeding is nothing to be embarrassed about! But when you're out and about, knowing what clothes to wear and which feeding positions to use can help you feel more confident.

Clothes that work

- Any tops that unbutton from the bottom.
- Stretchy tops that pull up.
- Two-piece outfits, if you're going somewhere special.
- You can now get trendy bras and tops that are made specially for breastfeeding.

Clothes that don't

- Shirts that you have to unbutton – they make you feel really exposed.
- Dresses - lifting it up isn't an option and pulling down one side would leave you very exposed, not to mention cold!

Hints and tips

- Jackets, cardigans and shirts over a vest top are all great – use them as a screen and they'll cover almost everything!
- Scarves and baby blankets are also good at keeping things under wraps.
- Use a sling or a pouch – they make carrying the baby easier because they put less strain on your back, and they cover you up as well.
- Practice! The more you do it, the better you get at getting baby latched on quickly. You can do this without even leaving your living room!

"I was a bit worried to start with but after a few goes it was easy and no-one even notices."

Sarah
Leeds

Where's the best place to feed?

Never, ever in a toilet! Imagine asking an adult or a bottlefed baby to have their dinner in the toilet! Breastfeeding isn't something you need to hide, but it's important that you do whatever makes you feel comfortable. Here are some tips:

Time and place

- Try and get settled somewhere before your baby gets hungry. If they start crying they might draw more attention to you.
- In cafés, get a seat that is out of the way. If you have to keep moving your chair, it might upset the baby's feed.

Find a quiet spot

Some people feel better if they can find somewhere out of the way to breastfeed, so here are a few ideas:

- Fitting rooms are good.
- In a café you can sit with your back to the room.
- Some people even nip out to the car for 10 minutes.
- Use your pram or buggy to help screen you and your baby whilst breastfeeding.

Find a breastfeeding friendly venue

For information on breastfeeding in Leeds, please visit:

www.familyinformationleeds.co.uk

"Times are changing and more places are offering baby feeding rooms. I'm not embarrassed about feeding, I just prefer a quiet spot."

Naomi
Leeds

Do people ever get funny about it?

It's hard to understand why anyone would have a problem with a mum feeding her baby. But there are still a few people who give strange looks or make comments. The main thing is to not let anyone stop you doing what's best for you and your baby.

Be strong

There are lots of ways you can deal with these people. The important thing is not to get stressed about it, as it's not good for you or your baby. You could:

- Ignore them completely – they're not worth it.
- Tell the manager that you are being harassed.
- Make a joke about the situation.
- Calmly explain that it's completely natural and the best thing for your baby.

Be confident

- The more you do it, the more comfortable you'll feel.
- It might be a big deal for you, but most people don't even notice.
- Remember why you're doing it – for your baby! The most important thing in your life. Who cares what other people think?

Be proud

- Breastfeeding is an amazing achievement – be proud of it!

"I didn't really mind what other people thought, but knowing how to feed without showing anything gave me that extra confidence."

Mel
Leeds