



Breastfeed Anytime, Anywhere!

♥ **Be Confident!**

Look people in the eye when talking to them — that lets them know it is OK for them to look at you.

Focus on your baby's eyes and face when in a large open area. You will forget that others are even around.

♥ **You will become a PRO in no time!**

Be proud you are A Breastfeeding Mom



For other moms' advice about breastfeeding in front of others go to:
www.nursingfreedom.org



Photo by Aileen Jane

Be Proud You Are a **Breastfeeding Mom**



In Ohio you have the right to breastfeed

Section 3781.55 of the Ohio Revised Code states that "A mother is entitled to breast-feed her baby in any location of a place of public accommodation wherein the mother otherwise is permitted."



The Ohio Department Of Health
www.odh.ohio.gov
1-800-755 GROW (4769)

This institution is an equal opportunity provider.
ODH 0321.13.



Breastfeed Anytime, **Anywhere!** Be Proud You Are a **Breastfeeding Mom**—

Let's face it. When a baby has to eat — he has to eat. The idea of nursing in front of others can be scary. The truth is most women happily nurse in public without any problems. Here are some tips to help you make nursing anywhere as easy as nursing at home.

Practice to get comfortable ...

- ♥ Nurse in front of a mirror to practice latch-on
- ♥ Nurse in front of supportive friends and family members to get used to breastfeeding around others



Before you leave the house

♥ **Plan your day**

Breastfeed your baby before you leave home

Wear clothing that makes it easy to nurse; such as,

- Shirts that you can unbutton from the bottom
- Loose fitting T-shirts
- Shirts designed just for nursing
- Wearing clothing in layers may be helpful

♥ **Carry a blanket**

Some mothers use a light baby blanket, burp cloth, or scarf to cover themselves and the baby.

♥ **Consider using a baby sling or wrap**

Carrying your baby in a sling or wrap makes baby feel safe and content. You can nurse baby in it anywhere and they usually fall asleep.



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When you are out in public

♥ **Respond quickly to your baby's hunger cues.**

If these are ignored, your baby will begin to cry, attracting attention.

♥ **Find a good spot to nurse your baby.**

Keep a look out for benches and chairs so that you know where to find them when it is time to nurse. Many women even learn to nurse while standing or walking. Some mothers use a dressing room to nurse. Ask for a booth or corner seat when eating out.