

# NWT HEALTHY COMMUNITIES Toolkit

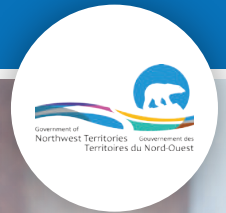
## Make Health a Priority

A positive and healthy family is influenced not only by their home life, but also by their involvement in community activities and public events. Public spaces like parks, community centers, pools & arenas are part of the foundation of a vibrant community. A community which explicitly supports breastfeeding families sends a message that they are welcome, they are included, and they are supported.



# Breastfeeding Friendly

SMART MANAGEMENT PRACTICES



## Breastfeeding Room in a Breastfeeding Friendly Facility

**Women need to feel comfortable breastfeeding their children** whenever they are hungry, wherever they are. **Some mothers may prefer a quiet, more private place to breastfeed their child.** A breastfeeding room allows a mother a private place, shielded from view and free from intrusion, to express milk or breastfeed their child. **A breastfeeding area located in a washroom is not appropriate.**

## Signage Guidelines:

Clear and visible signage which indicates that the facility is supportive of breastfeeding women. This can help to reduce some of the discomfort to breastfeed in public. Along with the sign in a visible location in the facility, consider also adding a decal on the entrance to the facility so families can immediately see that breastfeeding is welcome.



## Requirements of a Breastfeeding Room:

- Private room that has been given access by only mothers who use it.
- Signage on the door to identify the use of the room.
- Door that locks.
- “Occupied” sign for when in use.
- Electrical outlet for plugging in a breast pump if required.
- Good lighting and ventilation.
- Comfortable chair with foot stool.
- Change table for baby and supplies.
- Waterbasket, chemical cleaner for surfaces and routine daily maintenance.

## Benefits of Breastfeeding:

**Healthier Baby:** Incidences of pneumonia, colds, and viruses are reduced among breastfed babies.

**Long Term Protection:** Reduce the risk of developing chronic conditions, such as Type 1 Diabetes, Celiac Disease, and Crohn’s Disease.

**Stronger Bones:** Woman who breastfeed absorb calcium much more efficiently.

**Lower Risk of SIDS (Sudden Infant Death Syndrome)**

**Fewer Problems with Weight (for mother and baby)**

**Less Risk of Cancer:** Breastfeeding can decrease your baby’s risk of some childhood cancers. Also lowers the Mother’s risk to premenopausal breast cancer and ovarian cancer.

**More Effective Vaccines:** Research shows the breastfed babies have a better antibody response to vaccines than formula fed babies.

**Better Healing for Mother Post Delivery**

**Breastmilk is always readily available and costs nothing!**



**For more information on how to “Protect, Promote & Support Breastfeeding in your Family & Community” please contact Moms Boobs and Babies at:**

**Toll Free: 1-844-332-6627**

**Local: 867-444-3374**

**[info@momsboobsandbabies.com](mailto:info@momsboobsandbabies.com)**

**TO ADOPT A BREASTFEEDING FRIENDLY POLICY IN YOUR COMMUNITY PLEASE SEE SAMPLE POLICY.**

Section/Number: Healthy Eating – 03	Approval Date: (DD/MM/YY)
Subject: Breastfeeding Friendly Facilities	Amendment Dates:
<p><u>Policy</u></p> <p>Women need to feel comfortable breastfeeding their children <i>whenever</i> they are hungry, <i>wherever</i> they are. The Community Government Name, hereby supports and welcomes breastfeeding and all municipal buildings are to be breastfeeding friendly.</p> <p>A positive and healthy family is influenced not only by their home life, but also by their involvement in community activities and public events. Public spaces like parks, community centres, pools, and arenas are part of the foundation of a vibrant community. A community which explicitly supports breastfeeding families sends a message that they are welcome, they are included, and they are supported.</p>	
<p>Definitions</p> <p>N/A</p>	



Guidelines:

1. A breastfeeding friendly facility means:
  - Mothers are welcome to breastfeed their children anywhere on the premises at any time.
  - Staff is aware of the rights of the mother to breastfeed their children anytime, anywhere.
  - Staff has the information to respond to any concerns or complaints from other patrons with respect to a breastfeeding mother.
2. Clear and visible signage which indicates that the facility is supportive of breastfeeding women. This can help to reduce some of the discomfort to breastfeed in public.
  - 2.1. Along with the sign in a visible location in the facility, consider also adding a decal on the entrance to the facility so families can immediately see that breastfeeding is welcome.
3. Staff Training - All staff should be aware that the right to breastfeed is protected under the Human Rights Legislation and should be able to respond to complaints related to breastfeeding if they arise.
4. There are many ways that the public can be made aware that breastfeeding is supported. Example: Posters displayed in the buildings, notice on municipal website, sticker or decal on front door of building, Pamphlets at the front reception desk, etc.

Attachments

Sample Decals of Breastfeeding Friendly Facility  
SMP Private Breastfeeding Room/Area

References

Community Breastfeeding Alliance of Waterloo Region  
Moms Boobs and Babies – NWT

