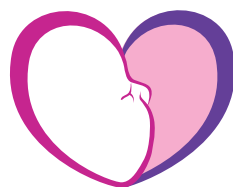


# breastfeeding welcome here

Good for mums, babies and your business

welcome  
here



breastfeeding

GOOD FOR BABY. GOOD FOR MUM.



## Breastfeeding welcome here

The **Breastfeeding welcome here** scheme is an initiative which aims to make it easier for mums to recognise places where they can breastfeed their baby when they are out and about. The scheme is supported by the Health Promotion Agency for Northern Ireland (HPA) and the Northern Ireland Breastfeeding Strategy Implementation Group.

Breastfeeding is really important to the health of both mother and baby, yet Northern Ireland has one of the lowest breastfeeding rates in Europe. While half of all new mums here start breastfeeding, many quickly stop. This is often because they feel there is a lack of support, particularly when they want to feed their baby outside the home.

If local businesses can make it clear that they are supportive of breastfeeding mothers, by displaying their membership of the **Breastfeeding welcome here** scheme, many new mums will be more confident about breastfeeding and will be likely to continue breastfeeding for longer. This will benefit both their health and their baby's (see page 7 for more information on the health benefits of breastfeeding).



## Good for mums, babies and your business

Every business knows the value of repeat customers and word-of-mouth. Mothers with small babies tend to be part of a range of informal networks, like postnatal support groups, local mother and toddler groups and so on.

Breastfeeding mums who feel that they and their babies have been made welcome while they have a cup of coffee, a meal or go shopping, will come back to your business and will also tell their family and friends. Your customers will see your business as one that is interested in their health and welfare, not just their cash.

All businesses that are part of the **Breastfeeding welcome here** scheme will be given recognition through ongoing promotion and awareness raising. Once the scheme is up and running, the HPA will also be maintaining a database on the breastfeeding website [www.breastfedbabies.org](http://www.breastfedbabies.org) which will allow mums to look for businesses that are members of the scheme.





## Who is eligible for membership?

Any business which is open to the general public is eligible to join the scheme, for example coffee shops, restaurants, shops, supermarkets and hairdressers. In order to join, businesses must fulfil the membership criteria below.

### Membership criteria

- Breastfeeding is acceptable in all areas of your business premises that are open to the general public.
- A mother who is breastfeeding in an area of your business premises open to the general public will not be asked to move to another area or stop breastfeeding.
- All staff members are made aware that your business is a member of the scheme and are therefore supportive of the needs of breastfeeding mums.
- Non-smoking areas are provided (these must be a minimum of one half of the seating area).
- The public are made aware that you are a member of the scheme and support breastfeeding through the display of the scheme's window sticker and certificate on your business premises.



## Joining the scheme

Joining the scheme is straightforward:

1. A senior member of your business will be asked to sign a written agreement which states that the business will adhere to the membership criteria **(the written agreement is at the back of this booklet)**.
2. The signed agreement should be returned to the HPA by the business.
3. The HPA will issue the **Breastfeeding welcome here** scheme certificate and window sticker once the signed agreement is received.
4. The name of your business will be added to a list of premises participating in the scheme and published online on the website [www.breastfedbabies.org](http://www.breastfedbabies.org)
5. Ongoing monitoring will then be undertaken by mums from local breastfeeding support groups to ensure that businesses which have signed up to the scheme are adhering to the criteria.

All businesses participating in the scheme will be given recognition through ongoing promotion and awareness raising by the HPA and the Northern Ireland Breastfeeding Strategy Implementation Group.

Businesses which fail to adhere to the criteria will be notified and may have their membership revoked.

## Staff awareness training

To ensure that your business has a consistent approach to supporting mums who breastfeed on your premises and that the criteria for membership of the **Breastfeeding welcome here** scheme continue to be fulfilled, it is recommended that all your staff are made aware of membership of the scheme and its criteria.

Staff should be briefed about the scheme, including issues such as how to explain to members of the public, including breastfeeding mums, what the scheme is all about and why your business has joined, for example, the health benefits for babies and mums.

They should be aware that breastfeeding mums should not be asked to move to accommodate other patrons.

It's also a good idea to let them know if you will be including information about your membership of the scheme on your business literature.





## Health benefits of breastfeeding

Breastfeeding has really important health benefits for babies and mums. Babies who are breastfed are at less risk of developing:

- diarrhoea, tummy upsets and gastroenteritis
- coughs and colds
- ear and chest infections
- urinary tract infections
- allergies, asthma and eczema
- childhood diabetes and obesity

Mothers who breastfeed are at less risk of serious illnesses, such as:

- breast cancer
- ovarian cancer
- osteoporosis (bone thinning)

The longer a baby is breastfed, the stronger the protection against illness for both mother and baby. It is recommended that babies are breastfed for the first six months and then start solid foods at around six months with breastfeeding continuing until the age of a year or more.

Breastfeeding mothers need everybody's support and you can play a part in improving health by being supportive and welcoming breastfeeding families.

For more information about the health benefits of breastfeeding, please visit [www.breastfedbabies.org](http://www.breastfedbabies.org)



## The **Breastfeeding welcome here** scheme agreement

Please return one copy of the completed agreement to:

**Breastfeeding welcome here scheme**  
**FREEPOST BEL 1972**  
**Health Promotion Agency for Northern Ireland**  
**18 Ormeau Avenue**  
**Belfast**  
**BT2 8BR**

The HPA will issue your **Breastfeeding welcome here** scheme certificate and window sticker once the signed agreement is received.

Please retain the other copy of the completed agreement for your own records.

The **Breastfeeding welcome here** scheme is supported by the Health Promotion Agency for Northern Ireland and the Northern Ireland Breastfeeding Strategy Implementation Group.



## The Breastfeeding welcome here scheme agreement

On behalf of \_\_\_\_\_ I agree that:

- Breastfeeding is acceptable in all areas of our business premises that are open to the general public.
- A mother who is breastfeeding in an area of our business premises open to the general public will not be asked to move to another area or stop breastfeeding.
- All our staff members will be made aware that our business is a member of the scheme and will be supportive of the needs of breastfeeding mums.
- There is a non-smoking area on our premises which represents at least half of the seating area.
- The public will be made aware of our membership of the scheme and that we support breastfeeding through the display of the scheme's window sticker and certificate on our business premises.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please print name \_\_\_\_\_

Job title \_\_\_\_\_

Business name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Type of business \_\_\_\_\_

**FREEPOST BEL 1972**

**Breastfeeding welcome here scheme**

Health Promotion Agency for Northern Ireland  
18 Ormeau Avenue  
Belfast  
BT2 8BR



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\_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Type of business \_\_\_\_\_



**Health**  
Promotion  
Agency



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[www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)  
[www.breastfedbabies.org](http://www.breastfedbabies.org)