

Breastfeeding in Public

Why breastfeed?

Breastfeeding is the best way to feed your baby.
Breastfeeding is best for you, your baby and your family.

Breastfeeding – best for babies

- Is human milk for human babies
- Helps to prevent constipation
- Helps to protect against ear, chest and stomach infections
- Helps to protect against allergies and asthma
- Helps to protect against Sudden Infant Death Syndrome
- Helps to prevent tooth decay
- May lead to smarter babies

Breastfeeding – best for mothers

- Promotes closeness and bonding of mother and baby
- Helps the uterus to return to its normal size after birth
- Helps to control bleeding after birth
- Helps to protect against breast cancer and ovarian cancer
- Helps to keep bones strong
- Helps with weight loss after birth

Breastfeeding – best for families

- Saves money
- Saves time – breast milk is always fresh and ready
- Does not produce any garbage

Can I breastfeed in public?

Yes, you can! A woman's right to breastfeed in a public place is supported by the Ontario Human Rights Commission. According to the Ontario Human Rights Commission policy, no one should prevent a mother from breastfeeding her child, ask her to cover up or move her to another area.

What can I do if someone asks me to stop breastfeeding in public?

1. Do what you need to do so that you can breastfeed your child comfortably.
2. Talk to the owner, manager, or the individual who asked you to stop breastfeeding. Tell the person:
 - It is your right to breastfeed in public.
 - You will make a complaint to the Ontario Human Rights Commission if you are asked again to leave, move or cover up.



3. Follow up with a letter to the owner or manager. Explain what happened and inform the person that it is your right to breastfeed in public.
4. Follow up with the Ontario Human Right Commission at www.ohrc.on.ca or call 1-800-387-9080.

OR

Use one of the tear-off cards from this pamphlet and give it to anyone who asks you to stop breastfeeding in public.

What happens if I make a complaint?

All complaints are made in writing to the Ontario Human Rights Commission.

A form can be found on the Ontario Human Rights Commission website. All complaints are investigated and the Human Rights Commission will work with you and the person or company you have made the complaint against to solve it.

Tips for breastfeeding in public

1. Get comfortable with breastfeeding your baby at home with your family and friends before you breastfeed in public.
2. Wear comfortable clothes, a loose fitting top, or a nursing top.
3. Use a blanket if you want to cover up.
4. Choose a quiet public place to breastfeed.
5. Just do it!

Breastfeeding Services in Toronto

Toronto Health Connection

Monday to Friday

8:30 a.m. to 4:30 p.m.

416-338-7600

- Call to speak with a public health nurse or registered dietician about breastfeeding
- Find out about clinics and groups where you can get help with breastfeeding

Telehealth

24 hours, 7 days a week

1-866-797-0000



Toronto East General Hospital has policies and practices that support breastfeeding and has received the international WHO/UNICEF Baby-Friendly designation.

Toronto Public Health is working towards Baby-Friendly designation.

PH1004SS073



416.338.7600 | toronto.ca/health |  **TORONTO** Public Health

Take this card with you everywhere. Give it to anyone who asks you to stop breastfeeding in public.

My child and I have the right to breastfeed here!

According to the Ontario Human Rights Commission policy, no one should prevent me from breastfeeding my child, ask me to cover up or move me to another area.

Thank you for respecting my right to feed my baby anytime, anywhere.

The Ontario Human Rights Commission policy states: "Women have a right to nurse undisturbed, and cannot be prevented from breastfeeding a child in, for example, a public area or restaurant. They also cannot be asked to move to a more 'discreet' area to breastfeed a child, or to 'cover up'."

Toronto Public Health can help you to become breastfeeding friendly. Visit Toronto Public Health at www.toronto.ca/health or 416-338-7600.

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