



**CAFES &
RESTAURANTS**

Cafes and Restaurants

The core principle to the Breastfeeding Friendly Charter is that **breastfeeding is welcomed**. In addition there are lots of ways to welcome breastfeeding and make your venue more breastfeeding friendly. Here are some hints and tips:

- Breastfeeding mothers really appreciate being offered a glass of water alongside their purchased drink, and have told us they'd often like to order another drink, but can't get to the counter, so it is worth asking if you can get them anything else whilst they are nursing, even if you don't normally offer table service.
- Mothers always appreciate the offer of help for getting drinks/trays to the table if they are holding their baby.
- Consider a play area (space permitting) or crayons and paper to help keep older children occupied/entertained when a mother is breastfeeding her baby.
- Consider a child friendly menu, high chair etc
- Ensure Fathers are welcomed with accessible changing rooms for both mothers and fathers
- Review baby room signage in public places that use of images of 'bottles'.
- Consider other general 'baby friendly' pictures you could use.

Breastfeeding awareness sessions or training is available depending on the needs of your organisation. See our website www.wakefield.gov.uk/breastfeeding for more information

Retail Outlets

Include a statement and the Wakefield Breastfeeding Friendly image on your website visitors section to show your support for breastfeeding friendly facilities. An example statement is below

- We are proud to be a breastfeeding friendly site and welcome breastfeeding in all public areas of our premises.
- If required a private area is available, please ask a member of staff who will be able to help you.