



HEALTHYEATING
ACTIVE LIVING



Breastfeeding in public?

Gain confidence
Feel supported
Know your rights

Scan for video tips and resources,
or visit bit.ly/BFinPublic



Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

Seeking information
and support?

The Helpline is a free
service available 24/7.
It is staffed by trained
volunteer counsellors.



If you need an
interpreter, call
131 450 and ask
them to telephone
the Breastfeeding
Helpline on
1800 686 268.

