

HEALTHYEATING ACTIVELIVING



Breastfeeding in public? Gain confidence Feel supported Know your rights

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



Seeking information and support?

Breastfeeding Helpline 1800 mum 2 mum 1800 686 268 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.



The National Breastfeeding Helpline receives funding from the Australia Government. This resource was developed by South Western Sydney Local Health District.