



Breastfeeding in public

Tips for mums

Breastfeeding is important for the physical and emotional wellbeing of mothers and infants.

Breastfeeding is a new skill which can be challenging to learn, especially when out and about. Here, you will find some tips and tricks to help you when breastfeeding in public.

Tips to breastfeed in public

Plan to go to a comfortable location

Pick a familiar place or look up breastfeeding friendly venues on the Australian Breastfeeding Association website.

Don't let baby get too hungry before you feed

Hungry babies can be more difficult to attach and feed. Respond quickly at first hunger signs.

Manage a distracted baby

Wear an interesting necklace or give bub a small toy to engage them.

Practise at home

Practise different positions at home wearing what you would wear out, perhaps in front of a mirror.

Practise feeding in a carrier

Carrier feeding can help you multitask and settle bub quickly, no matter where you are.

Bring a friend

A friend or partner can provide moral support and help you feel more relaxed feeding in public.

People love babies

It may feel like people are staring, but it is more likely they're admiring your gorgeous baby!

Clothing tips for breastfeeding mums



Layer up

Pair a nursing singlet with your favourite everyday tops, then lift to feed. Your stomach stays covered.



Accessorise

Cardigans, jackets or lightweight scarves can add extra privacy if you need it, when feeding.



Stretchy tops

Wear stretchy scoop or v-neck tops you can pull down to feed. It's likely you already have these in your wardrobe.



Specialty breastfeeding clothing

Buy nursing tops or dresses. Most everyday department stores have a budget friendly range.



Bra Tips

Crossover crop top

Features

- Comfortable
- No fiddly clips
- Easy with one hand
- Offer less support than traditional bra styles



Women with larger breasts

Features

- Sturdy fabric
- Comfort (try them on!)
- Stretchy
- Wide straps
- Cups that cover, lift and separate the breasts
- Provide easy access for feeding

Nursing singlets

Features

- Drop down cups
- Padded cups help with milk leaks
- Good for layering with 'lift up' tops to keep your stomach covered



Classic nursing bra

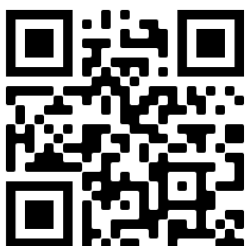
Features

- Easy to find in stores
- Drop down cup with clip
- Some have coverage around top

Your rights to breastfeed in public

In Australia breastfeeding mothers are protected by Sex Discrimination laws. Under these laws, breastfeeding women cannot be treated unfairly or any differently to someone who is not breastfeeding. This includes when shopping, and dining out (e.g. a breastfeeding mother should not be asked to move when feeding in a café, restaurant or public space, even if that space is designated as a no food or drink area).

Complaints and enquiries should be directed to the NSW Department of Justice:
free call: 1800 670 812 or email: adbcontact@justice.nsw.gov.au



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



Seeking information and support?

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

The National Breastfeeding Helpline receives funding from the Australian Government.