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Becoming Breastfeeding Friendly

A Checklist for Your Business or Organization

Here's How...

- Review the *Make Breastfeeding Your Business Newfoundland and Labrador Toolkit* we have provided.
- Establish guidelines to support breastfeeding or create a breastfeeding policy in your business or workplace;
 - Discuss with your staff the importance of their support in creating a breastfeeding friendly environment for customers and guests.
 - Ensure new employees learn about the breastfeeding guidelines/policy during orientation.
- Ensure all staff are aware that breastfeeding is a protected human right, and women in Newfoundland and Labrador have the right to breastfeed anytime and anywhere.
- Display the *"Welcome! We are a breastfeeding friendly place"* decal in your business or organization.
- If possible, provide a place for parents to change diapers.
- If possible, provide a comfortable space for women who choose to feed their babies in private or to express their milk.
- Ensure all pregnant employees are aware of available breastfeeding supports in your workplace.
 - Meet with pregnant employees before their maternity leave.
 - For more information about supporting employees in the workplace visit www.babyfriendlynl.ca



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For more information:
Visit our Facebook page and
website: www.babyfriendlynl.ca

Thank-you for your help in
building healthy communities
as more and more women in
Newfoundland and Labrador
choose to breastfeed their babies.



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