



# SPACE FOR EVERYONE

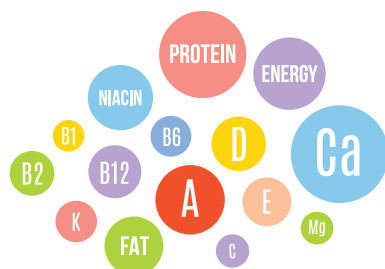
Communities Supporting Breastfeeding

The goal is to increase NL's breastfeeding rate  
to 80% by 2025

## Importance of Breastfeeding

### Nutrition

Breastfeeding provides the **PERFECT NUTRITION** needed for baby's **growth and development**.



### Economic



Breastfeeding can **save** approximately  
**\$1,100 - \$3,800 IN ONE YEAR.**

### Protection



**BABIES ARE PROTECTED**  
**from infections and health conditions**  
such as diarrhea, pneumonia, diabetes,  
asthma, and bowel disease.

### BREASTFEEDING PARENTS ARE PROTECTED

**Reduces the risk** of some  
cancers later in life such as  
breast cancer and ovarian  
cancer.



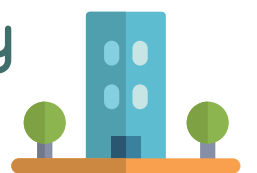
## How can Municipalities help?

### Breastfeeding-Friendly Spaces



**CREATE SPACES** in parks, sports and  
recreation centres, libraries, and at  
community events for families to **feed**  
**comfortably and without discrimination.**

### Breastfeeding-Friendly Businesses



**ENCOURAGE BUSINESSES** in your municipality  
to **show their support with a window decal**  
and ensure their staff know how to best  
support families.

### Breastfeeding-Friendly Communities



- Educate municipal staff & residents
- Encourage businesses to participate
- Create a municipal policy
- Pass a resolution or by-law
- Promote breastfeeding friendly spaces at community events & initiatives

We can all help  
**SUPPORT BREASTFEEDING.**



**Baby-Friendly**  
Newfoundland & Labrador

For more info visit:  
[babyfriendlynl.ca](http://babyfriendlynl.ca)