

Breastfeeding, anytime and anywhere, is the healthy choice for your baby. Your legal right to breastfeed your baby where and when you choose is covered under The Ontario Human Rights Code. The Code protects against discrimination on the basis of sex, as outlined in the Freedom from Discrimination Act:

“Every person has a right to equal treatment with respect to services, goods and facilities, without discrimination because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, family status or handicap.”

Developed by members of the

SIMCOE MUSKOKA DISTRICT HEALTH UNIT

CALL OR CLICK:

HEALTHCONNECTION
Your Link to Health Information

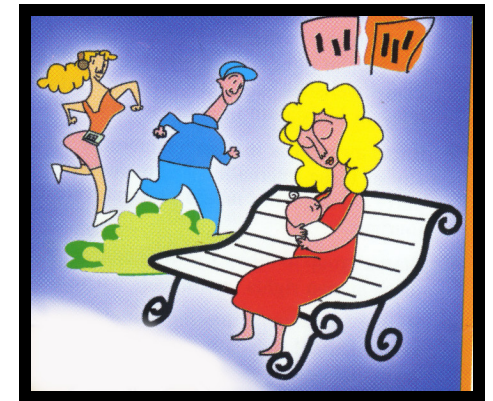
■ 721-7520 ■ 1-877-721-7520

■ www.simcoemuskokahealth.org

Barrie and Area Breastfeeding Promotion Group

If you are interested in becoming involved in breastfeeding promotion activities in your area,

Breastfeeding



*It's Your Right,
Anytime...Anywhere*

After those first few days or weeks of breastfeeding your baby at home you will feel ready to go out. You may have lots of questions about breastfeeding in public places, and what your rights are.

As you read on, you will find tips to help make breastfeeding in public easier. You will also be prepared if anyone questions your choice to breastfeed in public.

Your legal rights

Many busy families need to feed their babies on the go. Your right to breastfeed in public is protected by Canada's Charter of Rights and Freedoms and Ontario's Human Rights Code.

Most businesses welcome women who want to breastfeed. However, there may be a time when a privately owned business asks you to stop or leave. If that happens, tell the person in a friendly way that your baby cannot be interrupted, and that when you are finished you will be on your way.

If they insist you leave right away and you refuse, you can be charged with trespassing. But be prepared to tell them, "You are violating my human rights, and I can have you charged for violating these rights."

Hopefully they will see that along with having to go to court it will hurt their reputation in the community.

By being friendly but firm about your rights you may be able solve any problems on the spot.

Tips to make feeding in public easier

In a restaurant . . .

- ♥ Tell the host that you may be breastfeeding, and ask for a table where you would feel comfortable feeding.
- ♥ Many moms like to use a light blanket to cover their breast and their baby while they breastfeed. Try it in front of a mirror to gain confidence.
- ♥ Try to choose baby-friendly restaurants. Look for 'A Baby-Friendly Place' sticker on the door. Call ahead or talk with other new moms about good places to go.
- ♥ If another customer questions your choice to breastfeed, remain friendly, look confident and explain it is your right to feed your hungry child.

♥ If someone near you is staring or is upset you can choose to ignore them or say, "It seems breastfeeding my baby makes you uncomfortable. It won't take long, but maybe you'd feel better sitting somewhere else."

♥ A little bit of humour also goes a long way to make someone who is embarrassed feel more comfortable.

In a mall . . .

- ♥ Shop at baby-friendly malls. Ask other moms about malls they like and look for 'A Baby-Friendly Place' stickers.
- ♥ You can also call ahead to ask about the facilities a mall has for families.
- ♥ In the mall you may find a quiet hallway bench is an easier place to nurse than a loud food court.

In a park . . .

- ♥ Choose a spot with other moms.
- ♥ Bring a chair or cushion for your comfort.
- ♥ Find a shady place to sit, relax and enjoy the quiet moment while baby feeds.

