



Breastfeeding  
Friendly  
Scotland



## Top Tips for Breastfeeding Out and About

Breastfeeding brings so many health benefits for you and your baby. The good news is you can feed them wherever without having to think about making up feeds. You might feel a bit nervous about breastfeeding in public but in no time at all you will be a pro!

### The good news is that you are protected:

In Scotland, the law says you can breastfeed your baby when you are out and about. It is illegal to stop someone from feeding their child milk, or to ask them to cover up or leave.



### Here are a few tips that might help:

- Plan ahead. Remember, you can feed your baby anywhere, but for extra reassurance, look for places with the 'Breastfeeding Friendly Scotland' sticker or ask friends for recommendations.
- Rope in the reinforcements. If it's your first time going out and breastfeeding, take your partner, a family member, or friend for support! Or go with other breastfeeding parents.
- Go along to a local feeding group. Build your confidence feeding in front of others in a safe and supportive environment.
- Avoid the loos! Don't ever feel that you should sit in a public toilet to breastfeed. You wouldn't eat in a toilet, neither should your baby!
- You don't need to buy breastfeeding clothes. A breastfeeding (nursing) bra will do, with normal clothes on top. Some people prefer to use the up one down method (wearing a vest with a top over the top).
- Practice feeding in front of a mirror to reassure yourself that you expose very little breast. If you prefer, you can take a scarf or muslin with you.

**Remember, you are doing a great job for you and your baby**

# Top Tips for Breastfeeding if Returning to Work, Training or Education

When returning to work, training or education, you can continue to provide breast milk to your baby. Please speak to your Health Visitor or Family Nurse who can support you to consider what options would be best for you.

Further information can be found at:



## Maternity Action

Continuing to breastfeed when you return to work -

[!\[\]\(a870788d6ed9b8fd294b7654a8c8526b\_img.jpg\) Continuing to breastfeed when you return to work - Maternity Action](#)



## Ready Steady Baby

[!\[\]\(6059a5aa8b4ca7bb793408023d6c6e42\_img.jpg\) Ready Steady Baby! \(nhsinform.scot\)](#)

Useful sites for further information:



**Parent Club:** Breastfeeding information about feeding out and about and going back to work

[!\[\]\(e3275251d0893157c3584e20c81dc3ba\_img.jpg\) Keeping going | Parent Club](#)



**Off to a Good Start:** all you need to know about breastfeeding

[!\[\]\(235bfe13ebf007ce2eea9e689707fac7\_img.jpg\) Off to a good start: all you need to know about breastfeeding - Publications - Public Health Scotland](#)



**National Breastfeeding Helpline**

[!\[\]\(166772600a13ad0a433053f90fe45649\_img.jpg\) National Breastfeeding Helpline – Helpline](#)



**Finding breastfeeding support in your area**

[!\[\]\(f507db636256ac11a5525ef93ec6b8d7\_img.jpg\) Breastfeeding support | Parent Club](#)