We welcome mothers to breastfeed anytime, anywhere. This can include a private space if a mother prefers—as a Public Health staff person.

We have a written breastfeeding policy that all Public Health staff, students, and volunteers are trained to follow.

We provide pregnant women and their families with information to help them make an informed decision on infant feeding.

We support mothers to breastfeed their infants exclusively for the first six months of life and to continue breastfeeding, with the addition of iron-rich complementary foods, for up to two years and beyond.

We provide up-to-date information on breastfeeding that includes the benefits of breastfeeding and the risks of not breastfeeding.

We work with community partners to provide consistent and seamless care that supports breastfeeding. We support and recognize community agencies, workplaces, and businesses that welcome breastfeeding mothers and their families.

We protect breastfeeding mothers by not advertising or giving out breast milk substitutes (formula) or infant feeding products, such as bottles.

Mothers are welcome to breastfeed here
Mamans, sentez-vous bien à l’aise d’allaiter ici
As mães são bem-vindas a amamentar aqui
尼泊尔語: नम्नार्क गदियोको डाडको नक्की बिङ
欢迎母亲在这里喂母乳

Anytime. Anywhere.

Baby-Friendly Initiative (BFI) 519-575-4400 (TTY 519-575-4608) www.regionofwaterloo.ca/breastfeeding