



Breastfeeding Welcome Havering

Staff and Volunteer Information

Your employer has signed up to the Breastfeeding Welcome Havering scheme. This means that on behalf of their business or organisation they have pledged to ensure that:

1. All employees and volunteers understand that mothers have a legal right to breastfeed their babies in public anywhere and anyhow they choose, and that breastfeeding is welcomed in all areas of the venue
2. Breastfeeding customers will not be asked to move if another customer complains
3. All employees have read this information and understand why breastfeeding is promoted and supported
4. All areas of the venue are clean and hygienic
5. The Breastfeeding Welcome Havering logo is displayed in a prominent location

Mothers have the legal right to breastfeed anywhere under the Equality Act 2010, however negative attitudes and inappropriate facilities can sometimes make this difficult.

The aim of the Breastfeeding Welcome Havering scheme is to identify places where breastfeeding mums will be welcomed and supported in their decision to breastfeed when they are out and about in the borough.

Where do you fit in?

All you need to do is have a positive attitude towards breastfeeding and support mothers in their decision to breastfeed at your place of work. Should a member of the public complain about a mother who is breastfeeding, you must always support the mother.

Why do we promote breastfeeding and mothers' rights to do so?

Benefits of breastfeeding to babies:

- Reduced risk of gastro-intestinal or ear infections;
- Reduced risk of developing allergies, asthma or childhood cancers;
- Higher average scores in childhood intelligence tests; and
- Lower levels of obesity, high blood pressure and heart disease in later life.

Benefits of breastfeeding to mothers:

- Reduced risk of getting breast and ovarian cancer
- It naturally uses up about 500 extra calories a day, making it easier to lose pregnancy weight
- Saves money - breast milk is free
- No preparation time is required

Isn't formula milk the same?

- Infant formula cannot exactly replicate breast milk, it does not contain the ingredients that help protect babies from infection and disease.
- Although we promote breastfeeding, if a mother does choose to feed her baby formula milk there is support available in Havering to ensure best practice is followed. Further information on all types of infant feeding is available from local [Children's Centres](#).