

Making Family Friendly Work

Lactation Friendly Public Spaces

A lactation friendly space is a business, organization, or public area that is welcoming to families that are lactating. Providing a lactating friendly public space and supporting lactating families is good for your reputation and good for the community.

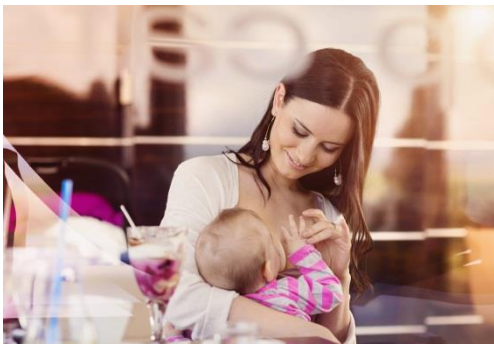


Support Business & Health

1. Being a lactation friendly space helps to promote your organization as one that supports families in your community.
 - Two-thirds of mothers will stop lactating before they want to because of a lack of support.
 - One instance of feeling shamed or being asked to leave a location because of lactating can be enough for a mother to quit.
2. Help improve the health of the entire community. When babies can breastfeed/chest feed for longer, they receive valuable protection against many chronic illnesses, including obesity and diabetes.

Support is Simple

3. **Signage:** Display stickers, window clings, or signage in a visible location indicating you welcome lactating families in your establishment. This can include your website.
4. **Education:** Hang an educational poster in the break room and educating employees and volunteers about your commitment, policy, and practices to welcoming lactating families. Regular reminders at staff meetings or volunteer trainings can also help to keep your commitment top-of-mind.
5. **Environment:** Create a welcoming environment that feels friendly, non-judgmental, and supportive towards lactating families. The best environment for each breastfeeding/chest feeding individual and baby will depend on what they need. The common agreement should be that breastfeeding/chest feeding mothers will NOT be harassed, treated with disrespect, or be asked to leave because they are breastfeeding/chest feeding.



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ORGANIZATION COMMITMENT

Our business/organization, _____, commits to:
Name of Establishment

- Displaying signage in a visible location indicating we welcome lactating families
- Hanging an educational poster and educating employees and volunteers to make sure they are aware of the part they play in welcoming lactating families
- Creating an environment that is supportive and friendly towards lactating families

Print Name: _____

Signature: _____ Date _____

Your organization/business will be recognized by Denver Public Health as a Lactation Friendly Public Space. Please provide the following information about your business/organization as you would like it displayed.

Name of establishment: _____

Address: _____ City: _____

Website: _____ Phone: _____

Please email this completed form to Mandy Feeks at Amanda.Feeks@dhha.org

For more information about breastfeeding and the resources available in Denver Public Health visit: DenverPublicHealth.org