

Going out ?

Taking baby along is easy if you're breastfeeding! It's possible to feed a baby discreetly almost anywhere so that other people may not even be aware you are breastfeeding.

Tips for discreet feeding in public ...

- Offer a feed before baby gets frantic – after all, a crying baby will guarantee an audience!
- Lifting your top from the waist allows baby to hide your tummy and you to remain covered on top. Or feed baby under your cardigan or jacket.
- Practice at home in front of a mirror until you feel confident.
- Others may not even realise that you are breastfeeding if you continue chatting or reading the menu and avoid eye contact with passers-by.
- Wear baby in a sling – an over-the-shoulder sling allows complete privacy when breastfeeding. You can even feed standing up.

Changing Tip ...

If baby changing facilities are not available, your baby can be changed on your lap, on the back seat of a car or in a pram/lie-back buggy in a suitable location.



Last revised April 2003

Need help with breastfeeding?

Sources of local information and support:

La Leche League

For information and help at any time or details of local support group meetings phone:
Catherine (01444) 483393 or
Sue (01403) 732702

The Baby Café®

For information about this weekly drop-in centre for breastfeeding mothers phone:
Julie (01444) 414100 or
Catherine (01444) 487676

Your Midwife or Health Visitor

Princess Royal Hospital (01444) 441881
Or contact your local Health Centre.




National Childbirth Trust

National Breastfeeding Helpline
phone: 0870 444 8708

Out & About
with your
Breastfed
Baby
in
Burgess Hill &
Haywards Heath



Leaflet produced by
La Leche League of Haywards Heath
and sponsored by
Burgess Hill and
Haywards Heath Town Councils
Surveys Commissioned by
Mid Sussex NHS Primary Care Trust

Haywards Heath Facilities				Comment
Baker's Oven Bakery & Café	✓		✓	
The Bay Tree Café	✓		✓	Welcomes families - toddler play table provided.
Bytes Youth Internet Café	✓	✓	✓	Open Tues 7 - 9:30pm, Wed 3:15 - 5:15 & 7 - 9:30pm, Fri 3:15 - 5:15 & 7:30 - 10pm, Sat 12:30 - 3pm
Café Rouge Restaurant & Café	✓		✓	
Contessa Lingerie	✓	(✓)		Fitting room available for breastfeeding in private – avoid busy times of day.
Crowns Hair salon	✓			
Dolphin Leisure Centre	✓	✓	✓	
Dorothy Perkins Clothing store	✓			
Forfars Bakers Bakery & Café	✓			
Marks & Spencer	(✓)	(✓)		Mother will be moved if another customer complains. Fitting room offered.
Le Grand Fromage Healthfood & Café	✓			
Pizza Express Restaurant	(✓)			Mother may be asked to move if customers complain.
Sainsbury's Supermarket & Café	✓	✓	✓	
Toni & Guy Hair & Beauty Salon	✓			No baby changing table but allow customers to change baby in salon.
Town Hall	✓	✓	✓	

Burgess Hill Facilities				Comment
Images Hair Salon	✓	✓	(✓)	Can use staff room for changing.
Market Place Shopping Centre	✓	✓	✓	
McDonalds Restaurant	✓		✓	
Nursery World Baby clothes and equipment		✓	✓	For customer use.
Ragamuffins Baby clothes and equipment	✓			Will make efforts to accommodate mothers' needs.
St. John's Church Hall	✓	✓	✓	Open Tues, Wed, Thurs 11:00 - 2:00 and Sat 11:00 - 1:00
Tesco Supermarket & Café	(✓)	✓	✓	If another customer complains staff will attempt to meet the needs of both parties.
Town Council	✓			Will make efforts to accommodate mothers' needs.
Triangle Leisure Centre	✓	✓	✓	
Truffles Bakery and Café	✓	(✓)	✓	Staff room offered if available.

Mothers should be aware that the **Burgess Hill and Haywards Heath Libraries**, West Sussex County Council facilities open to all members of the public, are 'sympathetic to the needs of nursing mothers but reserve the right to ask a mother to desist from breastfeeding, or to move, if another customer complains or the circumstances are inappropriate.'



Allow a mother to breastfeed, undisturbed by other customers, wherever she is comfortable.



Private room available, separate from the toilets and with seating, for mothers who may request this.



Baby changing table available.