

BREASTFEEDING IN PUBLIC

Babies have the right to be breastfed anywhere in public. This is a legal right under Australian Federal Law.

It may take a bit of time to work out where and how to comfortably breastfeed when out and about.

Your support can really help with this.



For
Parents/
Carers

Tips to support parents with breastfeeding in public



Find out what is needed so you can plan ahead (e.g. comfy chair, quiet space, feeding room nearby, etc).



Pack a bag with essentials e.g. water bottle, snacks, clothing.



Make breastfeeding the priority - everything else can wait until baby is comfortable and settled.



Reduce distractions. Some examples on how to do this include holding any bags or personal items, or looking after older children.



Breastfeeding in public can sometimes attract attention, even if it is well-meaning. Engage with others to gently redirect their focus if needed.

Remember to ask the breastfeeding parent what they need - their needs may change depending on the setting or situation.

If you have any concerns about your child, contact your local [Child and Family Health Nurse](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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