



Congratulations and thank you for your interest in becoming a Breastfeeding Friendly Place.

Here are some steps to help you on your way:

Inform your staff.

Talk with all your staff and discuss ways they can help breastfeeding families feel welcome in your establishment.

Put up the *Breastfeeding Friendly Guide for Staff* on your bulletin board, where the time schedule is posted, or similar location.

Have a process in place to inform all new staff that your establishment welcomes breastfeeding families.

Inform your customers.

Put up the "*We welcome you to breastfeed here*" static cling on your window and/or glass door - where families can see it.

Use the small stickers on places such as menus or cash registers to reinforce your Breastfeeding Friendly message to customers.

Inform the general public:

Breastfeeding Friendly businesses will be listed on the Porcupine Health Unit website.

An electronic version of the breastfeeding friendly logo is available on our web site at www.porcupinehu.on.ca, making it possible to use the design in your advertisements, when printing new menus or in other promotional materials.

Please feel free to call if you have questions or concerns.