

Breastfeeding Away from Home



Breastfeeding away from home may seem intimidating at first, but once you do it a few times, it does get easier!

Be confident! Breastfeeding is normal. It is awesome seeing moms nursing their babies in public - it shows the rest of the world how normal it is. Don't worry what other people are thinking. You are feeding your baby, and you are feeding her the absolute best. Be proud mama!

Read more about [How to respond to others about your feeding choices.](#)

Tips and Tricks to make nursing outside of the house easier

1. Focus on your baby,

not on your surroundings.

2. Two shirt method:

A cami tank works best. You can pull up the top shirt and then pull down the bottom shirt over the breast, so only a very small amount of breast is exposed. (where baby will be latching) The rest is completely covered.

3. Breastfeed in a carrier:

You can use a sling, a buckle carrier (like Ergo) or a wrap. Just slide baby over and down a bit. No one will ever even know you are nursing.

3. Use a light weight scarf:

This was my personal favorite. I never left the house with out my infinity scarf. You can pull your breast over the top of your shirt and use the scarf to cover the top of your breast. The scarf is very easy to adjust.

4. Nursing Cover:

This can be a bit hot, but some babies don't mind at all. Essentially, this piece of fabric is draped over baby and your front. Many of them hook around your neck so it stays in place.

5. Find someplace private/ quiet

When visiting with family /friends at their home, you can excuse yourself to a different room.

A dressing room at a store can be a private place when you are out shopping.

Your car can be another place to breastfeed in privacy. Just push your seat back a bit and your front seat can be a quiet place where you and babe can be alone.

Advantages of feeding baby at breast vs pumping & bottle feeding



**KEEP CALM
AND
CARRY ON
BREASTFEEDING**

Breast milk is like medicine

Your milk is always changing: when baby nurses at your breast, your body reads baby's saliva and makes specific antibodies unique to what your baby was exposed to.

Takes less time

Pumping and bottle feeding can take twice, if not more time, than feeding from the breast.

No clean up—bottles can be messy!

Helps to maintain supply

Pumps simply don't remove as much milk as our babies do. An emptier breast makes the most milk.



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