

Helpful tips from Breastfeeding Mums

Breastfeeding at a Baby Brasserie or Children's Centre session can help you feel more confident.

The clothes you wear can help you to breastfeed discreetly, if this is important to you. Layers, muslins and scarves are useful and some mothers even use slings to feed their babies in.

Look for the 'Breastfeeding Welcome' signs.

You might feel nervous the first time you breastfeed in public. Try being with friends or family so they can support you.

Some mothers find that 'practising' in front of a mirror at home reassures them that very little can be seen.

Cafes with sofas help you to snuggle down and feed discreetly.

It is not as taboo as you think it is!

It gets a lot easier to feed quickly after the first few weeks.

Being aware of your baby's feeding cues can help you to start to feed your baby before they cry, meaning that less people will notice what you are doing.

Be aware of your rights - you cannot be asked to leave.

Be proud of the wonderful start to life you are giving your baby by breastfeeding.

Breastfeeding your baby is something to be proud of and you are protected within law to breastfeed in a public place. If you would like extra reassurance the following establishments have been awarded with the 'Breastfeeding Welcome Award' from Bedford Borough Council and Central Bedfordshire Council. These establishments will display the sticker below.



**Bedfordshire
Community
Health Services**



Out, About & Breastfeeding



**Central
Bedfordshire**

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

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	Baby Changing Facilities	Access for Prams and Buggles
Bedford		
Tesco Customer Restaurant , Cardington Road, Bedford	✓	✓
Debenhams Estro , 48-54 High Street, Bedford	✓	✓
Marks & Spencer , 1 Midland Road, Bedford	✓	✓
Sainsburys , Clapham Road, Bedford	✓	✓
Ground Floor Coffee Shop , 245 Ampthill Road, Bedford	✓	✓
Robinson Swimming Pool , Park Avenue, Bedford	✓	✓
Bedford Café , 49 Midland Road, Bedford		✓
Pensieri , 34 Castle Lane, Bedford	✓	✓
The Kiln , 87 High Street Bedford	✓	✓
The Kiosk , Russell Park, Bedford	✓	✓
Frankie & Bennys , 498 Goldington Road, Bedford	✓	✓
Beefeater Grill Restaurant , Priory Marina, Barkers Lane, Bedford	✓	✓
Toby Carvery , 403 Goldington Road, Bedford	✓	✓
Nandos , 3 High Street, Bedford	✓	✓
O for Coffee , Unit 1 Oakley Park, Station Road, Oakley		✓
Howard Café & Restaurant , Howard Centre, Bedford	✓	✓
Morrisons Café , Ampthill Road, Bedford	✓	✓
Galonne's Parlour , The Arcade, Bedford	✓	✓
River Café , 5 High Street, Bedford MK40 1RN		✓
Coffee with Art , 82 High Street Bedford MK40 1NN	✓	✓
Scald End Farm Shop & Tea Room , Mill Road, Thurleigh, Bedford MK44 2DP	✓	✓
Kids World , 9 Kingsway, Bedford MK42 9AP	✓	✓
Red Lion Public House , Bedford Road, Bedford MK45 3HN	✓	✓
The Woolpack Hub , Commercial Road, Bedford MK40 1QS	✓	✓
Biggleswade		
Mamas café 28A High Street, Sandy, SG19 1AQ	✓	✓
Surfin Café 3-4 Market House, 30 Market Square, Biggleswade, Bedfordshire, SG18 8AQ	✓	✓
Tea Cosy 50 High Street, Biggleswade, SG18 0LJ	✓	✓
Buttons Haberdashery Biggleswade SG18 0LJ		✓
Boundary café The Hollow, Biggleswade Road, Potton, Sandy, SG19 2LX	✓	✓
Courtyard café 6 High Street, Biggleswade, SG18 0JA		✓
Pavilion Tearooms 36A Barford Road, Blunham, Bedford, MK44 3ND	✓	✓
A Bite to Eat 2 Hitchin Road Arlesey SG15 6RP		✓
Dunstable/Leighton Buzzard		
Dunstable Leisure centre , Court Drive, Dunstable, LU5 4JD	✓	✓
Whipsnade Wild Animal Park , The Green, Whipsnade, Dunstable, LU6 2LF	✓	✓
Grove Theatre Grove Park, Court Drive, Dunstable, Bedfordshire, LU5 4GP	✓	✓
Dunstable Downs Visitor centre Whipsnade Road, Kensworth, Dunstable, LU6 2NB	✓	✓
Latte Heaven 20 High Street South Dunstable		✓
Tiddenfoot Leisure centre , Mentmore Road, Linslade, Leighton Buzzard, LU7 2AF	✓	✓
Sorelli Café , 1 High Street, Leighton Buzzard, LU7 1DN	✓	✓
Ampthill/Flitwick/Toddington		
Cooks Collection 4B Bedford Street, Ampthill, Bedfordshire, MK45 2NB	✓	
Ampthill Park Hub Ampthill Park, Woburn Road, Ampthill		✓
The Lounge Flitwick Unit 2, Coniston Road, Flitwick, Bedfordshire, MK45 1LX	✓	✓
Poplars pantry Poplars Nursery Garden Centre, Harlington Road, Toddington, LU5 6HE	✓	✓