



# Breastfeeding pledge

Our pledge to help mothers and children  
feel #FreeToFeed here

**We, the undersigned, are actively supporting mothers' right to breastfeed when out and about. On behalf of my organisation I pledge that we will:**

- Hold a staff awareness session to help all staff members understand and support breastfeeding mums.
- Respect a breastfeeding mother's legal rights under the Equality Act 2010, to breastfeed in public without being discriminated against, which includes being asked to move or cover up.
- Respond sensitively and support mothers if inappropriate comments are made about breastfeeding.
- Provide a clean and comfortable environment to breastfeed in and also, if possible, a more private area as toilet/changing facilities are not appropriate.
- Offer breastfeeding mums a glass of water without charge.
- Where possible, staff members will offer to take food and drink orders over to breastfeeding mums so they don't have to interrupt their baby's feed.
- Display the breastfeeding friendly window sticker so families can recognise the venue as being part of the campaign.

Find out more at [www.cambscommunityservices.nhs.uk/freetofeed](http://www.cambscommunityservices.nhs.uk/freetofeed)

Share your pledge with us at [ccs.communications@nhs.net](mailto:ccs.communications@nhs.net)

Organisation:

Signed:

Date:



FreeToFeed is a Luton and Bedfordshire campaign led by Cambridgeshire Community Services NHS Trust and Flying Start Luton, with support from Luton Borough Council, Bedford Borough Council and Central Bedfordshire Council.