



Free To Feed campaign guides

I'm a mum who wants to build her confidence breastfeeding out and about, what can I do?

There's nothing like sitting with other mums to help you feel more confident about breastfeeding. You can do this at the weekly [Baby Brasseries in Bedfordshire](#) or the [Breastfeeding cafes in Luton](#).

Taking someone with you is another way to feel less nervous. It can help to go with a friend who has an older baby and can take you to places that she already knows. You could go with someone else, such as your mum, partner, sister or friend, so that there's always someone to talk to.

You can also build confidence by being prepared. Thinking about where you might like to breastfeed ahead of time can be helpful. Asking a friend where they have breastfed before, or checking out local reviews on the [Breastfeeding Hub app](#) (like Tripadvisor, but for breastfeeding!) can help you decide. A crying baby will guarantee an audience so watch for early feeding cues so you have time to find a suitable place.

But remember - you shouldn't ever be made to feel uncomfortable about breastfeeding in public, and it is illegal to discriminate against a breastfeeding woman, this means you should not be asked to leave a public place, such as a cafe, shop or public transport.

You can also consider the clothes that will help you be confident when breastfeeding. The main NHS site has some great tips:

- Clothes and bra: what you wear when you're breastfeeding is a matter of personal taste and what you feel comfortable in. For example, some mums like to wear loose tops that can be lifted up. Others, who prefer to keep their tummy covered, wear two stretchy tops, so that the top layer can be lifted up and the bottom layer can be pulled down.
- Baby slings, scarves and cloths: some baby slings are designed in such a way that you can breastfeed while your baby is still in the sling. Some mums feel more comfortable laying a scarf or muslin cloth over their chest while they're breastfeeding.

Source: <https://www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-in-public/>

Free to feed 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. Spread the word and find out more by searching #FreeToFeed on social media or visiting www.cambscommunityservices.nhs.uk/FreeToFeed