

Breastfeeding Friendly



ANYTIME. ANYWHERE.

### Ontario Human Rights Commission

You also have rights as a nursing mother. For example, you have the right to breastfeed a child in a public area. No one should prevent you from nursing your child in a public area or ask you to move to another area that is more 'discreet.'

Source:  
Ontario Human Rights Commission (1999).  
*Pregnancy, before, during and after: Know your rights.*  
Toronto, Ontario, Canada: Government of Ontario.  
ISBN 0-7778-9010-09199 1500.



January 2008

P:\PAMPHLETS\Breastfeeding\Breastfeeding Friendly Places\BFFP pamphlet

## Breastfeeding Resources

### Child & BabyTalk

613-549-1154 or 1-800-267-7875, ext. 555.  
TTY 613-549-7692 or 1-866-299-1136.  
Public health nurses answer your questions on topics such as nutrition, safety, child growth and development, breastfeeding, and community resources.

### BabyTalk Drop-Ins

Meet with a lactation consultant or a public health nurse for answers to your questions, and information on breastfeeding, infant nutrition, and normal growth and development.

### Breastfeeding Buddies

A prenatal or new breastfeeding mother will be matched with a KFL&A Public Health trained volunteer who has successfully breastfed. This is a telephone peer support program.

Call the Child & BabyTalk phonenumber or visit our website for more information on breastfeeding, BabyTalk Drop-Ins, the Breastfeeding Buddies program, and additional community resources.

[www.kflapublichealth.ca](http://www.kflapublichealth.ca)

KFL&A  
PublicHealth

Working together for better health

# Breastfeeding Friendly Places



### Breastfeeding friendly places:

- encourage mothers to breastfeed anytime, anywhere,
- display the breastfeeding friendly logo in a location visible to the public, and
- establish a breastfeeding policy for their employees and the public.

Today, in the KFL&A area, approximately 85 percent of new mothers are choosing to breastfeed.

Health Canada recommends exclusive breastfeeding for baby's first six months, the addition of iron-rich solid foods at six months, with continued breastfeeding up to two years and beyond. It is a family's decision on how long they want to breastfeed.

With continued breastfeeding:

- children are protected from illness,
- mothers have fewer days off work to care for a sick child,
- the mother and child bond continues, and
- the environment benefits.

KFL&A Public Health recognizes that breastmilk is the best food for healthy growth and development of children. KFL&A Public Health supports mothers' informed decision about infant feeding.



KFL&A  
PublicHealth

The following places have taken steps to help nursing mothers feel welcome and secure by becoming Breastfeeding Friendly Places. They recognize that breastmilk is the best food for healthy growth and development of infants, and welcome and support breastfeeding mothers.

**Beland's Fluff n' Fold**

54 Centre Street  
Napanee

**K-TOWN physiotherapy**

368 King Street East  
Kingston

**Playtrium**

541 Days Road  
Kingston

**Surf's Up Laundry & Dry Cleaning**

277 Bath Road  
Kingston

**The Kids' Carousel**

541 Days Road  
Kingston

**Tortoise and the Hair Kids Cuts**

541 Days Road  
Kingston

**Basket Case Cafe**

5 Dundas Street West  
Napanee

**Ben's Pub**

105 Clergy Street East  
Kingston

**Brockview Cafe**

Hotel Dieu Hospital  
166 Brock Street  
Kingston

**Coffee & Company**

53 Princess Street  
Kingston

**Country Style Donuts**

1 Richmond Boulevard  
Napanee

**Curry Original**

253-A Ontario Street  
2786-A Princess Street  
Kingston

**KGH Auxiliary Cafe**

Kingston General Hospital  
76 Stuart Street  
Kingston

**Liaison College/WildLeeks Cafe**

28 Bath Road  
Kingston

**Mary Brown's Fried Chicken**

2815 Princess Street, Unit 7  
Kingston

**McGinnis Landing**

1530 Bath Road  
Kingston

**Pasta Shelf**

1749 Bath Road  
Kingston

**Pizza Hut/KFC**

1 Richmond Boulevard  
Napanee

**Rahim Cuisine**

625 Princess Street  
Kingston

**Ramekins**

1540 Bath Road  
Kingston

**Serves You Right**

164 Princess Street  
Kingston

**Sleepless Goat**

91 Princess Street  
Kingston

**Smiling Wilderness Family Restaurant**

824 Palace Road, Suite 1  
Napanee

**Starbucks Coffee**

121 Division Street  
259 Princess Street  
2376 Princess Street  
Kingston

**The Bakery**

11 Concession Street South  
Tamworth

**Tim Hortons**

Kingston:  
660 Arlington Park Place  
4037 Bath Road  
1166 Division Street  
506 Gardiners Road  
945 Gardiners Road  
681 John Counter Boulevard  
1177 John Counter Boulevard  
704 King Street West  
29 Niagara Park Drive  
285 Ontario Street  
312-314 Princess Street  
681 Princess Street  
2260 Princess Street  
2435 Princess Street

Napanee:

478 Centre Street  
81 Dundas Street