



Breastfeeding Community of Practice E-Newsletter

ISSUE No. 1

Make Breastfeeding Your Business Workshop

On January 20, 2011, the Breastfeeding Community of Practice (CoP) came together to participate in the “Make Breastfeeding Your Business” Workshop.



The workshop provided an opportunity for women to share their experiences and discuss some of the least and most breastfeeding friendly spaces in our community. Participants also discussed challenges faced by women to breastfeeding in public, barriers including

- Lack of public awareness & support
- Need for more breastfeeding friendly spaces
- Issues concerning sexualization of breastfeeding
- Lack of visibility of breastfeeding in our communities, etc

We all had the good fortune to hear from a local organization who shared their experience in working towards becoming a breastfeeding friendly.



Christine Preston, Public Health Nurse, with Capital Health walked us through the “Make Breastfeeding Your Business” tool kit and described how it could be used to support businesses in becoming breastfeeding

friendly. The tool kit is also available to those who were unable to attend.

As a result, more than 20 workshop participants will work together to approach local businesses and/or organizations in HRM. Our purpose is to educate and support businesses in becoming more breastfeeding friendly...

Make BREASTFEEDING Your Business

The CoP pledged to approach the following businesses to become breastfeeding friendly

- Mindful Mango
- Tattletales
- Local Joe's Cafe
- Ramar Construction
- HMCS Iroquois
- St. Margret's Bay Arena
- Naturally Nova Scotia
- Breathing Space Yoga Studio - Bedford
- Keshen Goodman Public Library
- Applebee's Restaurant
- Good Life Fitness- Clayton Park
- Association of NS Museums & their members
- Tallahassee Recreation Centre
- IWK Community
- Jay Well's Salon
- Fiddleheads Kids Shop
- Two if by Sea Café
- Captain William Spry Centre
- Humani-T Cafe

What Now?

If you need more information, resources or support in working with the “Make Breastfeeding Your Business” tool kit, members of the Community of Practice are willing to help! We can team up with you to help support moving this work forward together.



If you have questions or concerns, please contact Keely Fraser at (920) 481-5886 or keely.fraser@cdha.nshealth.ca

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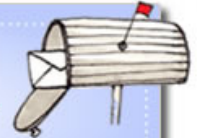
"Breastfeeding Advocates in Halifax and Area"

Spread the Word

If you would like to advertise an event, workshop, share resources, information or just a good news story in the Breastfeeding Community of Practice's E-Newsletter, please let us know by emailing keely.fraser@cdha.nshealth.ca

Join our mailing list to
receive our E-Newsletter

keely.fraser@cdha.nshealth.ca



Hold the Date!

Our Next Community of Practice Meeting

February 17, 2011 (1-4pm)

Chebucto Community Health Team Office
Spryfield Shopping Centre
16, Dentith Road, Spryfield, NS, B3R 2H9
Tel: (902) 487-0690