



Fact sheet for Kaimahi

Whāinga/purpose

The purpose of this document is to provide an outline of basic information kaimahi at any establishment displaying He Wāhi Haumaru branding should feel confident in discussing.

This document could be used for the purposes of staff training or induction to ensure safety of whānau who breast/chestfeed whilst in their establishment.

Key facts about infant feeding in public

1. Whānau who feed their pēpi (baby) in public are protected by law to do so (Human Rights Act 1993 and Health and Disability Commissioner Act 1994).
 - a. These pieces of legislation provides whānau with the right to breast/chestfeed in any place where they have the right to be, without being asked to stop, move or cover up.
2. Breast/chestfeeding has amazing benefits for pēpi including:
 - a. The best nutrition for pēpi, anytime of day/night
 - b. Greater immunity and protection against infectious diseases and also some conditions later in life
 - c. Providing the best nutrition needed for brain development
3. Breastfeeding has amazing benefits for the breast/chestfeeding parent including:
 - a. Reduced risk of some cancers
 - b. Increased relaxation and bonding with pēpi
 - c. Convenience – no need to heat up a bottle or wash dishes
4. The World Health Organisation (WHO) recommends exclusive breast/chestfeeding for the first 6 months of life, and the continuation of breast/chestfeeding beyond 2 years. It isn't very common to see a toddler or young child breast/chestfeeding, but this is recommended and is a very natural, normal thing to do.
5. Members of our Rainbow or LGBTQIA+ communities can breast/chestfeed too. Just because a person may not 'look like' or identify as a woman, does not mean they cannot feed their pēpi.

In a situation where a person has an issue with or feels uncomfortable seeing a person breast/chestfeed in public, it is ALWAYS the person who is breast/chestfeeding that should be supported.

The person with the problem is the one who must change their behaviour.