



**Clermont County
Public Health**
Prevent. Promote. Protect.

WIC Breastfeeding Newsletter

OCTOBER 2025 - JANUARY 2026

Steps to Nurse Your Baby in Public

1. **Choose your spot:** find a chair with back support or a quiet corner if you prefer.
2. **Dress for easy access:** Try two layers (loose top over a tank) or a nursing bra/tank.
3. **Position your baby:** hold tummy-to-tummy, nose to nipple, and wait for a wide open mouth before latching.
4. **Stay relaxed:** Take slow breaths, roll your shoulders down, and focus on your baby.
5. **Use a cover only if you want:** a light scarf or blanket can help but is not required.
6. **Respond simply:** if anyone comments, a calm “we’re just feeding” works fine.

Breastfeeding is natural and protected in public spaces. You and your baby have the right to be comfortable wherever you are!



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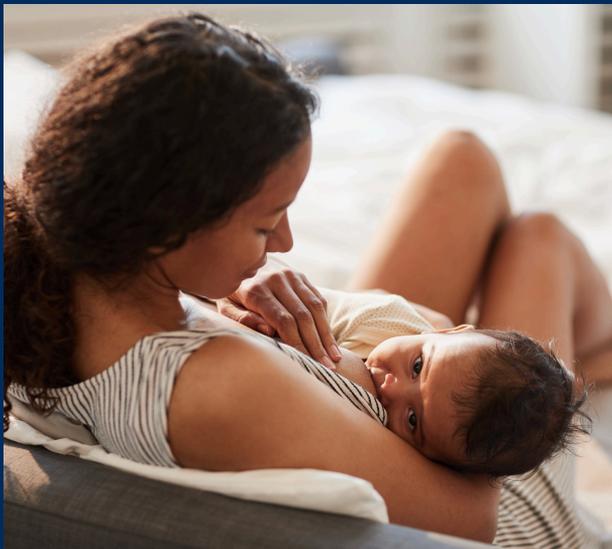
Clothing Options

Breastfeeding friendly clothes can make nursing in public easier. A simple DIY option is layering a stretchy tank top under a loose shirt. Button-downs, wrap dresses, or a light scarf also work well. Many brands offer nursing bras, clip-down tank tops, and cute tops and dresses with hidden openings. Choose what makes you feel most relaxed, confident, and comfy!



Want to Learn More About Breastfeeding?

Scan to watch our recorded Breastfeeding Classes:



Test your knowledge:

How can you make DIY breastfeeding clothing?

Breastfeeding is protected in public spaces
True / False



Department of Health

Women, Infants, and
Children Program (WIC)

This institution is an equal opportunity provider.