

# Breastfeeding mums

LOOK FOR THE  
*“We are Breastfeeding  
Friendly Sticker”*



## What does breastfeeding friendly mean?

- Breastfeeding friendly stickers are on display
- Staff and management are supportive of breastfeeding
- You will **not** be asked to leave the premises, stop breastfeeding, or be reseated

EDITION 23

MARCH 2017



Health  
Central Coast  
Local Health District

## GOSFORD

- Amanda O'Rourke Dance Academy
- Amcal Chemist
- Audiology, Central Coast Health
- Beauty's A Curse
- Bodyfuel
- Café Benessere
- Café Nina's
- Child and Family Health Service Centre
- Drs J Pendergast & J Erikson
- Famished Gourmet Take Away
- Frangipani Café
- Galley on Masons
- Gianni Hair Stylist
- Gloria Jean's
- Gosford City Bowl
- Gosford Cubby House Childcare
- Gosford Library
- Gosford Soul Pattinson Chemist
- Instep Footwear
- Interconnect Counselling
- Jimmy G's Café
- My Café
- Narnia Preschool
- Regional Youth Support Service Inc.
- RnR Café
- Safe Travel Solutions
- Visitors Information Centre, Gosford (CCT & GBID)

## EAST GOSFORD

- Amanda O'Neill Chiropractor
- Barto's Bakehouse
- Billabong Patisserie
- Burg R Bug R Café
- Café Espresso
- Caffe Jam
- Central Gardens Preschool
- Chemist Outlet
- Chemsave Chemist
- East Gosford Medical Family Centre
- East Gosford Pharmacy
- East Gosford Podiatry
- Fahrenheit Café
- Gosford Chiropractic Centre
- Gosford Preschool
- Lemon Tree Framing & Gallery
- Orchid Modern Asian Café & Cuisine
- Sports Medicine Central Coast
- Top Bookshop

## WEST GOSFORD

- Eagles Plumbing
- Earlybird Long Day Care and Preschool
- Kindy Patch
- Little Miracles Childcare, Point Clare
- Mc Donalds (West Gosford)
- Michel's Patisserie, West Gosford Shopping Centre
- Point Clare Surgery
- West Gosford Pharmacy

## KARIONG

- Better Health Practices
- Kariong Branch Library
- Kariong Child Care Centre
- Kariong Kids Klub
- Kariong Medical Centre
- Kariong Neighbourhood Centre
- Little Angels Learning Centre
- Parklands Community Preschool and children's centre
- Times Café

## KINCUMBER/ GREEN POINT

- Bakehouse Café
- Goodstart Green Point
- Green Point Community Centre
- Highland Grove Preschool
- KFC
- Kinburra Preschool
- Kincumber and District Neighbourhood Centre
- Kincumber Doctors
- Kincumber Health Service- Baby Health
- Kincumber Library
- Kincumber Medical Centre
- Kincumber Preschool
- Kincumber Swim Centre
- Kincumber Youth Centre
- Lavery Pathology
- Little Coasties Kindergarten
- The Surgery Kincumber
- The Beach Early Learning Centre Kincumber

## TUGGERAH/WYONG

- Amilly's Café
- Amcal Plus
- Coffee Club
- Hog's Breath Cafe
- Juniors at Wadalba
- Kamira
- Kanwal & Wadalba Family Practice
- Kidz HQ
- Lakelands Community Centre Kanwal
- Legends Bakery
- Little Coast Kids Wyong
- Mission Australia Early Learning Woodbury Park
- Optimal Pharmacy Plus
- Piccolo's Cafe Kanwal
- Possum Magic Cottage Preschool
- Shingle Inn
- Terry White Chemist Tuggerah
- Tuggerah Chiropractic
- Uniting Care Burnside
- Vander Poel Smash Repairs
- Watanobbi Community Centre
- Wyong Dental Care
- Wyong Doctors
- Wyong Early Childhood Health Clinic
- Wyong Neighbourhood Centre
- Wyong Schools as Community Centres
- Young Parents Hub

## BUDGEWOI

- Body Balance Physio & Pilates
- Budgewoi Jelli-Beanz
- Budgewoi Physiotherapy
- Budgewoi Preschool
- Daly Coffee Den
- Developing Dreams ELC
- Good Start Childcare Lake Munmorah
- Lake Munmorah Doctors Surgery

## UMINA

- 304 on West
- Berith Street Medical Practice
- Bremen Patisserie
- Dancin' Mates
- Mc Donalds (Umina)
- Mum's Seafood Kitchen
- Ocean Beach Rd Physiotherapy
- Peninsula Medical Centre
- Schools as Community Centres
- Subway Umina
- Terry and Greg Izzard Optometrists
- Umina Bakehouse
- Umina Beach Library
- Umina Child Care Centre
- Umina Chiropractic Centre
- Umina Kids Club
- Umina Surgery
- You Save Chemist, Umina
- Zapp's Hair Studio

## ETTALONG

- Ettalong Beach Hut
- Flick's Hair Design
- The Cat's Pyjamas
- West End Pharmacy

## WOY WOY

- Aqua Splash Learn to Swim
- Aussie Kindies Early Learning Centre Woy Woy
- Café DMR
- Giggles and Wiggles Pre school
- Gloria Jeans
- Gnostic Forrest
- Gnostic Healing Sanctuary
- Gnostic Mana Café
- Gnostic Rocks
- Goodstart Woy Woy
- Kuoch Chemist
- Mc Donalds (Woy Woy)
- Michel's Patisserie, Peninsula Plaza
- Passion Hair and Beauty
- Pepes at the Pavilion
- Raw Deli Cafe
- Priceline Pharmacy
- Short Black
- Wallaby St Early Learning Centre
- Williams Bros Auto Repairs & Service
- Woy Woy Community Health Centre
- Woy Woy Hospital Kiosk
- Woy Woy Library
- Woy Woy Peninsula Child Care Centre
- Woy Woy Pre School Early Learning Centre

## WYOMING/NIAGARA PARK/LISAROW

- Aussie Kindies Early Learning Centre Niagara Park
- Bakehouse Café
- Blue Gum Preschool
- Cake & Plate
- Gloria Jeans Wyoming
- Hair To Impress
- Hungry Wolf's Italian
- Invitation To Health
- Kids Jungle Long Day Care
- Kindy Patch Narara
- Lighthouse Early Learning Wyoming
- Lisarow Dental Care
- Mc Donalds (Lisarow)
- Mc Donalds (Wyoming)
- Niagara Park Children's Centre
- Niagara Park Stadium
- Scallywags Gymnastics
- Thai Phunk
- Wyoming Community Centre
- Wyoming Swim Centre
- Wyoming Women's Health Centre

## THE ENTRANCE

- DCE Café
- Filippo Café
- Practice at the Bay

## OURIMBAH

- Folly Foot Farm Educational Children's Service
- First Grammar Ourimbah
- KU Ourimbah Preschool and Children Centre
- Learning Haven
- Ourimbah Pharmacy
- Ourimbah Surgery
- Ourimbah Thai

## **BATEAU BAY**

- Bateau Bay Tenpin Bowl
- Bright Start Preschool Bateau Bay
- Family Tree Learning Centre
- Gloria Jeans
- Killarney Vale Pharmacy
- Lighthouse Early Learning Centre Killarney Vale
- Long Jetty Community Health Centre
- Long Jetty Preschool
- Mariner's Medical Centre
- Mc Donalds (Bateau Bay)
- Mc Donalds (Mingara)
- The Chemist @ Bay Village
- Your Chemist Shop Cresthaven

## **TOUKLEY**

- Amcal Max Toukley
- Beachcomber Pharmacy
- Chillax Café
- Cincotta Discount Chemist Toukley
- Hope's Pharmacy
- K-Cee's Café
- Noraville Pharmacy
- Toukley Family Practice
- Toukley Pre-School Kindergarten
- Vicki's Hair Studio

## **GOROKAN/ LAKEHAVEN/ CHARMHAVEN**

- Charmhaven Aqua Centre
- Cheesecake Shop
- Curves Charmhaven
- Gorokan Preschool
- Guardian Pharmacy
- Jabiru Cottage (Northlakes Public School)
- Kids Haven Lakehaven
- Lake Haven Pharmacy
- Lakehaven Community Health Centre
- Muck - a -Bout Indoor Play & Party Centre
- Spotted Frog Kindergarten

## **AVOCA**

- Avoca Beach Medical Centre
- Avoca Beach Pizza and Pasta Café
- Avoca Sands Café
- Hillside Preschool Day care Centre
- Hi-Tide Café
- Kahveh Café
- Ludo's Gourmet Patisserie
- Sul Rondo
- The Point Café

## **COPACABANA**

- Copaccino's Café

## ERINA

- Bakehouse Café
- Chavey Chiropractic
- Cheeky Charlie's Bar & Café
- Delish of Erina
- Erica Dash, Podiatrist
- Erina Baptist Preschool
- Erina Chiropractic Centre
- Erina Community Health Centre
- Erina Fair Medical Care
- Erina Family Medicine
- Erina Library
- Erina Pharmacy
- Erina Physiotherapy
- Guzman Y Gomez Mexican Taqueria
- Karalta Cottage Kindergarten
- Karalta Plaza Bakery
- Kid's Academy
- Little Coasties Kindergarten
- Living Gourmet Café
- Mc Donalds (Erina)
- Megasave Chemist
- Montea Cristo Tea House
- Nuts Galore Erina Fair
- Platinum Chiropractic
- Quattro
- Rose Café
- Sage
- Sage Express
- Silver Tree Café
- Sit n Chats
- The Austrian Schnitzelhaus
- The Busy Barista Café
- The Coffee Club
- Woodport Early Learning Centre
- Your Family Doctors

## TERRIGAL/WAMBERAL /FORRESTERS

- Body Fuel
- CRAVE Modern Japanese
- Explore and Develop Wamberal
- FBI Childcare and Preschool Centre
- Fishbonez takeaway and Café
- Forresters Beach General Store
- Forresters Beach Seventh - day Adventist Church
- Harrison's On Terrigal
- Keleah's Early Learning & Development
- Kindy Patch
- Le Chat Noir
- Little Miracles Childcare Centre
- Pretty Beach Community Preschool Inc.
- Shine Early Learning Centre
- Terrigal Children's Centre
- Terrigal Medical Centre
- Terrigal Uniting Church
- The Chiro Barn
- Wamberal Pharmacist Advice
- Wamberal Surgery

## OTHER AREAS

- Goodstart Early Learning Centre, Blue Haven
- Booker Bay Pre School
- Dolphin Cottage Bluehaven Schools as Community Centres
- Lighthouse Early Learning Centre Daley's Point
- Lighthouse Early Learning Centre Berkley Vale
- Mission Australia Early Learning Services Tumbi Umbi
- Northern Lakes Family Centre
- Sizzor Trix Mannering Park
- Yesteryear Salon Tuggerawong

Breast milk is the best nutrition for babies. Recent studies have shown that women may be reluctant to breastfeed outside the home. The main reasons are embarrassment, perceived disapproval and lack of facilities.



It is legal to breastfeed in public anywhere in Australia. You do not have to ask. If you are breastfeeding in public and are refused services because of it, this may amount to discrimination. It is worth approaching State or Commonwealth anti-discrimination bodies who will investigate your complaint. The NSW anti-discrimination website is <http://www.antidiscrimination.justice.nsw.gov.au/>

Many venues on the Central Coast are delighted to acknowledge their positive attitude towards breastfeeding by displaying a 'We are Breastfeeding Friendly' sticker. It is impossible to approach all businesses on the Central Coast about participating in the scheme. If you do not see a 'We are Breastfeeding Friendly' sticker it doesn't mean you are not welcome to breastfeed your child there. You might like to show them a copy of this booklet and encourage them to become part of the scheme. Contact the Public Health Nutrition team on **4320 2251**.

## KNOW YOUR RIGHTS

*In NSW it is illegal to discriminate against mothers who need to breastfeed their child in public.*

*By law you cannot be asked to leave or to feed elsewhere.*

For more Information on the Breastfeeding Friendly Sticker Scheme, go to:

[healthpromotion.com.au/Breastfeeding.htm](http://healthpromotion.com.au/Breastfeeding.htm)



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