



A PLACE AT THE *table*

Creating inclusive restaurant experiences for breastfeeding families

Did you know postpartum families have a right to breastfeed their children in public in all 50 states? Yet many breastfeeding families avoid dining out, fearing judgment or shame. When safe, public spaces like restaurants become “no-go’s,” it only amplifies the feelings of isolation and exclusion that so often affect those on their postpartum journey.

Together, we can change that.

Our restaurant is proud to partner with The Lactation Network to create safe spaces for breastfeeding families. The moment they see our sticker in the window, we’re letting parents know: Our entire team is dedicated to creating a supportive, welcoming environment for them to eat, connect, and relax.

But making this space truly inclusive takes all of us. Here’s how you can help new families feel cared for while dining with us:



OFFER SUPPORT

- Don’t hesitate to let parents with infants know that they’re welcome to breastfeed or pump right where they are, if that’s what they prefer.
- Check in with them throughout their visit to ensure they have everything they need to breastfeed comfortably.



FOSTER COMFORT

- If parents prefer more privacy, offer to help them find a quiet, comfortable spot to feed. Extra points if it has flat, sanitary surfaces and wipes for messes.
- Ensure that changing tables in all restrooms are clean and safely useable (regardless of gender).
- Keep water glasses filled and do what you can to bring out their food promptly, since breastfeeding can be physically demanding.
- If a breastfeeding parent can’t get to their own meal, offer to box up at the end (they may have to make a quick exit, pending baby’s temperament).



PROMOTE AWARENESS

- If you hear any negative comments or complaints from other patrons, report them to your manager immediately so they can enforce our zero-tolerance policy.
- Educate guests about our breastfeeding-friendly commitment and the steps we’ve taken to ensure families can feed — and be fed — with care.