



POWERED BY



ROOM AT THE *table*

Creating inclusive restaurant experiences for breastfeeding families

Isolation is a widespread challenge for postpartum families. Not only do **up to 70% of new mothers experience social isolation** — one in five women and one in 10 men experience depression or anxiety during this period, as well.

Strong social support has been shown to reduce the risk of postpartum depression by up to 50%. Which means public places like restaurants aren't just a chance for a fun time and a good meal — for postpartum parents, they're a lifeline.

Yet, in the often-lonely stage of early parenthood, dining out can feel daunting. While parents have the right to feed their children in public — it's protected in all 50 states — many breastfeeding families avoid doing so, fearing judgment or shame. And when restaurants become off-limits, it only deepens the isolation that so often accompanies the postpartum journey.

Together, we can change that.

We're proud to partner with TLN's *Room at the Table* initiative, equipping restaurants to foster a breastfeeding-friendly atmosphere where postpartum families can feel nourished, connected, and safe. Here's how you can help 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 (non-bathroom) comfortable spot to feed. Extra points if it has flat, sanitary surfaces.
- Offer warm water for heating up bottles and wipes for messes.
- **Pumped breastmilk must be refrigerated after 4-6 hours**, so offering ice may help parents keep it cold while they are out of their home.

- 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 (**burning up to 500 calories per day!**) and causes excessive thirst.
- 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.

THE *realities* OF BREASTFEEDING



Parents feed their babies **8-12 times per day, every 2-3 hours**. That's about **20 hours a week** (not including preparation and planning).



Around 70% of mothers experienced breastfeeding difficulties, reporting cracked nipples, perception of insufficient amount of milk, pain, and fatigue.



Breastfeeding isn't only a matter of nourishing the baby — **when parents delay or miss a feed, they face issues** like engorgement, which can lead to serious problems like mastitis (an infection) and low milk supply.



1 in 5 women are ashamed to breastfeed in public, often due to fear of judgement from others.



60% of parents do not meet their breastfeeding goals, often due to insufficient support in public or workplace environments.