

[Home](#) > [Residents](#) > [Health and social care](#) > [Public health](#) > **Breastfeeding**

Breastfeeding

Last Modified May 16, 2019

[Skip to main content](#)  

Breastfeeding has some of the most wide-reaching and long-lasting effects on your baby's health and development.

Benefits to the baby

Babies who breastfeed are at a lower risk of:

- Gastroenteritis
- Respiratory infections
- [Sudden infant death syndrome](#)
- Obesity
- Type 1 and 2 diabetes
- Allergies

Benefits to mothers

- The longer mothers breastfeed, the greater their protection against breast and ovarian cancer, and hip fractures in later life.
- Recent evidence has demonstrated an association between prolonged breastfeeding and postmenopausal risk factors for cardiovascular (CV) disease.
- The World Cancer Research Fund includes breastfeeding as one of 10 recommendations to reduce the risk of cancer.

Breastfeeding 'Out and About' - baby friendly premises in Blackpool

Breastfeeding in public can seem daunting, especially during the early days, whilst getting feeding established.

Find details of premises who have signed up to the [Junior Healthier Choices Award](#) to enable mothers who wish to breastfeed in Blackpool to do so in comfort and confidence.

Premises will display the Junior Healthier Choices Award logo.



National support

[National Breastfeeding Helpline](#)

[La Leche GB](#)

Additional information

[Mums milk on the go](#)



Residents

- [Advice-and-support](#)
- [Benefits](#)
- [Blackpool-Illuminations](#)
- [Council-tax](#)
- [Education-and-schools](#)
- [Health-and-social-care](#)
- [Housing](#)
- [Libraries-arts-and-heritage](#)
- [Life-events](#)
- [Parking-roads-and-transport](#)
- [Parks-and-community-facilities](#)
- [Planning-environment-and-community](#)
- [Sports-and-leisure](#)
- [Waste-and-recycling](#)

Business

- [Business-rates](#)
- [Business-support-and-advice](#)
- [Commercial-waste](#)
- [Food-hygiene](#)
- [Licensing-and-permits](#)
- [Residential-landlords](#)
- [Working-with-the-council](#)

Your Council

- [Blackpool-Council-jobs](#)
- [Citizenship](#)
- [Community-rights](#)
- [Council-meetings](#)
- [Creating-a-better-Blackpool](#)
- [Have-your-say](#)
- [Statistics-and-research](#)
- [The-Council](#)
- [Transparency-and-open-data](#)
- [Voting-and-elections](#)
- [Your-councillors](#)