

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 resealed

EDITION 24

GOSFORD

- Audiology, Central Coast Health
- Beauty's A Curse
- Bodyfuel
- Café Benesserie
- Café Nina's
- Caligem Health
- Child and Family Health Service Centre
- Drs J Pendergast & J Erikson
- Early Bird Long Day Care Centre & Preschool
- Famished Gourmet Take Away
- Forcarel Café
- Gianni Hair Stylist
- Gosford City Bowl
- Gosford Cubby House Preschool
- Gosford Discount Drug Store
- Gosford Library
- Gosford Preschool
- Interconnect Counselling
- Jenny's Kindergarten - Gosford CBD
- Major on Minor
- Milk & Honey Hair & Beauty
- Narnia Preschool
- Regional Youth Support Service Inc.
- RnR Café
- Safe Travel Solutions
- Shop 3 Coffee

EAST GOSFORD

- Amanda O'Neill Chiropractor
- Barto's Bakehouse
- Billabong Patisserie
- Café Espresso
- Caffè Jam
- Central Gardens Preschool
- Chemist Outlet
- Chemsave Chemist
- East Gosford Early Learning
- East Gosford Medical Family Centre
- East Gosford Pharmacy
- East Gosford Podiatry
- Fahrenheit Café
- Gosford Chiropractic Centre
- Gosford Preschool
- Kindi Club Preschool
- Sports Medicine Central Coast
- Top Bookshop

WEST GOSFORD/POINT CLARE

- Chemsave Chemist
- Earlybird Long Day Care and Preschool
- Kindy Patch
- Little Miracles, Point Clare
- Mc Donalds (West Gosford)
- Michel's Patisserie, West Gosford Shopping Centre
- Point Clare Surgery
- This Little Piggy Eat and Drink

KARIONG

- Better Health Practices
- Great Beginnings Kariong
- Kariong Branch Library
- Kariong Child Care Centre
- Kariong Medical Centre
- Kariong Neighbourhood Centre
- Little Angels Learning Centre
- Parklands Community PreSchool and childrens centre
- Times Café

KINCUMBER/ GREEN POINT

- Bakehouse Café
- First Grammar Early Education Centre Green Point
- Goodstart Early Learning Green Point
- Goodstart Early Learning Kincumber
- Green Point Community Centre
- Highland Grove Preschool
- KFC
- Kinburra Preschool
- Kincumber Neighbourhood Centre
- Kincumber Doctors
- Kincumber Health Service- Baby Health
- Kincumber Library
- Kincumber Medical Centre
- Kincumber Preschool
- Kincumber Swim Centre
- Kincumber Youth Centre
- Lavery Pathology
- The Kincumber Surgery
- The Beach Early Learning Centre Kincumber

TUGGERAH/WYONG

- Amilly's Café
- Cobbs Road ELC Tuggerah
- Coffee Club
- Goodstart Early Learning Tuggerah
- Hog's Breath Cafe
- Juniors at Wadalba
- Kanwal & Wadalba Family Practice
- Kidz HQ
- Lakelands Community Centre Kanwal
- Legends Bakery
- Little Coast Kids Kanwal
- Little Coast Kids Wyong
- Little Miracles Tuggerah
- Mission Australia Early Learning Woodbury Park
- Myrtle Oak Clinic
- North Wyong Early Childhood Learning Centre
- Optimal Pharmacy Plus
- Optimum Intake
- Piccolo's Café Kanwal
- Possum Magic Cottage Preschool
- Shingle Inn
- Strawberry Fields Cottage Child Care Centre
- Terry White Chemmart Tuggerah
- The Creative Compassion Centre
- Tuggerah Chiropractic
- Uniting Care Burnside
- Vander Poel Smash Repairs
- Watanobbi Community Centre
- Wyong Dental Care
- Wyong Early Childhood Health Clinic
- Wyong Little Learners Child Care Centre
- Wyong Neighbourhood Centre
- Wyong Preschool Kindergarten
- Young Parent's Hub

BUDGEWOI/ LAKE MUNMORAH/ MANNERING PARK

- Body Balance Physio & Pilates
- Budgewoi Halekulani Pre-School
- Budgewoi Jelli-Beanz
- Budgewoi Physiotherapy
- Budgewoi Preschool
- Daly Coffee Den
- Developing Dreams ELC
- Diocese of Broken Bay Early Learning Centre - Lake Munmorah
- Good Start Childcare Lake Munmorah
- Lake Munmorah Doctors Surgery
- Lake Munmorah Preschool
- Northern Lakes Family Centre Lake Munmorah
- Young Academics Early Learning Centre

UMINA

- 304 on West
- Bremen Patisserie
- Explore and Develop Umina
- Family Medicine Umina Beach
- Mc Donalds (Umina)
- Mum's Seafood Kitchen
- Ocean Beach Rd Physiotherapy
- Peninsula Medical Centre
- Schools as Community Centres
- 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

- Art Gallery on Ocean View
- Ettalong Medical Centre
- Ettalong Pharmacy
- Ettalong Podiatry
- Glory Café Ettalong Beach
- Hideaway Café Ettalong
- Re:publik Café
- Ettalong Beach Hut
- Flick's Hair Design
- West End Pharmacy

WOY WOY

- All Areas Speech Therapy Woy Woy
- Aqua Splash Learn to Swim
- Aussie Kindies Early Learning Centre Woy Woy
- Café DMR
- Costa Centrale
- Gloria Jeans
- Gnostic Forrest
- Gnostic Healing Sanctuary
- Gnostic Mana Café
- Gnostic Rocks
- Goodstart Woy Woy
- Kuoch Chemist
- Lance Clarke Amcal Chemist
- Little Giggles ELC
- Mc Donalds (Woy Woy)
- Passion Hair and Beauty
- Priceline Pharmacy
- Short Black
- Subway Woy Woy
- Wallaby St Early Learning Centre
- 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
- Woy Woy Public School Preschool

WYOMING/NIAGARA PARK/ LISAROW

- All Areas Speech Therapy Niagara Park
- Aussie Kindies Early Learning Centre Niagara Park
- AMS (Absolute Medical Services) Lisarow
- Bakehouse Café
- Cheeky Cherubs Preschool
- Fibonacci Lisarow
- First Grammar Early Education Centre Wyoming
- Flutterbys Preschool
- Gloria Jeans Wyoming
- Hair To Impress
- Hungry Wolf's Italian
- Invitation To Health
- Kids Jungle Long Day Care
- Kindy Patch Narara
- Koolyangarra Kindergarten & Child Care Centre
- Learn and Laugh Children's Centre Wyoming
- Lighthouse Early Learning
- Lisarow Dental Care
- Lisarow Physiotherapy
- Little Miracles Childcare Centre Niagara Park
- Mc Donalds (Lisarow)
- Mc Donalds (Wyoming)
- Niagara Park Children's Centre
- Niagara Park Dental
- Niagara Park Stadium
- Renwick Dental Surgery
- Scallywags Gymnastics
- Subway Lisarow
- Wyoming Community Centre
- Wyoming Swim Centre
- Wyoming Women's Health Centre

THE ENTRANCE/ LONG JETTY

- Big Tuna Fish Co
- Bistro Jinja
- Café 61
- DCE Café
- Filippo Café
- Little Souls Early Learning Centre
- Long Jetty Preschool
- The Coast Café
- The Entrance Pre-School Kindergarten
- The Glass Onion Society
- The Burrow Coffee House
- The Old Bank Café & Restaurant at The Entrance
- Practice at the Bay
- Seascape Dental
- Subway Long Jetty
- Waters Edge

OURIMBAH

- CHS Coastal Haemorrhoid Specialist
- Friends & Co
- First Grammar Early Education Centre Ourimbah
- Folly Foot Farm Educational Children's Service
- KU Ourimbah Preschool and children Centre
- Lotus Naturopath & Massage Therapist
- Our Coast Physio
- Ourimbah Pharmacy
- Ourimbah Surgery
- Ourimbah Thai
- The Learning Haven

BATEAU BAY

- Bateau Bay Square Chemist
- Bateau Bay Tenpin Bowl
- Bright Buttons Babies Centre
- Bright Start Preschool Bateau Bay
- Brooks Avenue Early Learning Centre
- Cincotta Discount Chemist Killarney Vale
- Family Tree Learning Centre
- Gloria Jeans
- Killarney Vale Preschool
- 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)
- Your Chemist Shop Cresthaven

TOUKLEY

- Amcal Max Toukley
- Beachcomber Pharmacy
- Cincotta Discount Chemist Toukley
- Hope's Pharmacy
- K-Cee's Café
- Little Coast Kids Toukley
- Noraville Pharmacy
- Play to Learn Early Learning Centre
- Toukley Family Practice
- Toukley Pre-School Kindergarten
- Vicki's Hair Studio

GOROKAN/ LAKEHAVEN/ CHARMHAVEN

- Charmhaven Aqua Centre
- Child and family health nurses
- Dinky Di Childrens Learning Centre Gorokan
- Future Stars Early Learning Centre Lake Haven
- Gorokan Preschool
- Guardian Pharmacy
- Kids Haven Lakehaven
- Kindy Kollege
- Lake Haven Pharmacy
- Shining Star Pre-School
- Spotted Frog Kindergarten

AVOCA/COPACABANA

- Avoca Beach Pizza and Pasta Café
- Avoca Sands Café
- Blue Salt & Co
- Copaccino's Café
- Hillside Preschool Daycare Centre
- Ludo's Gourmet Patisserie
- Sul Rondo
- The Point Café

ERINA

- Bakehouse Café
- 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 Kindergarten
- Erina Pharmacy
- Erina Physiotherapy
- Ellysian Beauty Skin Therapy Centre
- Go Vita Health and Sports Nutrition Centre
- Guzman Y Gomez Mexican Taqueria
- Health HQ
- 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
- Quattro
- Rose Café
- Sage
- Sage Express
- Silver Tree Café
- Sit n Chats
- The Austrian Schnitzelhaus
- The Beach Preschool Erina
- The Busy Barista Café
- The Coffee club
- Woodport Early Learning Centre
- Your Family Doctors

TERRIGAL/WAMBERAL/ FORRESTERS/TUMBI

- Bellyfish
- Dinky Di Children's Learning Centre
- Explore and Develop Terrigal
- Explore and Develop Wamberal
- Fishbonez takeaway and Café
- Forresters Beach General Store
- Goodstart Early Learning Tumbi Umbi
- Indigo ELC
- Juniors at Wamberal
- Keelah's Early Learning & Development
- Kindy Patch
- Le Chat Noir
- Little Miracles Childcare Centre
- Pippies at Wamberal Child Care Centre
- Sprout ELC
- Shine Early Learning Centre
- Terrigal Children's Centre
- Terrigal Medical Centre
- Terrigal Uniting Church
- The Beach Early Learning Centre Tuggerah Lakes
- The Beach Preschool Erina
- The Chiro Barn
- Wamberal Pharmacist Advice
- Wamberal Surgery
- Zarlak Kids

OTHER AREAS

- Bluebird Education Centre Empire Bay
- Booker Bay Pre School
- Bright House Preschool Buff Point
- Dolphin Cottage Bluehaven Schools as Community Centres
- Goodstart Early Learning Centre, Blue Haven Central
- Goodstart Early Learning Woongarra
- Glenning Valley Child Care Centre
- Gwandalan Pre School
- Imagine @Macmasters Beach
- Jelli - Beanz Blue Haven Kindergarten Blue Haven
- Kids Academy Warnervale
- Kids Academy Woongarra
- Koala Pre-School Tuggerawang
- Lighthouse Early Learning Centre Daleys Point
- Lighthouse Early Learning Centre Berkley Vale
- Mission Australia Early Learning Mannering Park
- Playhouse Pre-school Empire Bay
- Pretty Beach Community Preschool
- Sizzor Trix Mannering Park
- Yesteryear Salon Tuggerawang

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**.



Health
Central Coast
Local Health District

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

healthpromotion.com.au/Breastfeeding.htm

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.