

## **BREASTFEEDING AT THE BIRMINGHAM BUDDHIST CENTRE**

Please feel free to respond to your baby and breastfeed wherever you feel comfortable while you are at the Buddhist Centre.

If you would like some quieter space, you can use one of our unoccupied rooms where available.

During the week, to make sure that you aren't disturbed when feeding your baby, you can ask a member of the centre team to find you a room that is not booked or currently in use.

At weekends please check the board at the front of the building to see which rooms are booked, so that you can nurse your baby without disruption.

Most of our rooms have laminated signs available which can be displayed on the door to let other centre users know that the room is in use.