



Mothers' Milk Bank  
of North Texas

## OUR MAMAS SAY... 10 TIPS FOR NURSING IN PUBLIC

TOP  
10

10. Take a deep breath. Relax. Feed your baby.
9. Nursing tanks—one shirt up, one shirt down.
8. Use a nursing cover or shield, if it works for you.
7. Nurse in front of a mirror, you'll realize others aren't seeing as much as you think.
6. Smile—at your baby and at people around you.
5. Be confident, and nothing negative will bring you down.
4. V-necks are easy—pull down and go.
3. Try a sling. It looks like baby is napping.
2. Do what you gotta do.
1. Let people tell you how awesome you are.

[www.texasbreastfeeding.org](http://www.texasbreastfeeding.org)