



## WELCOME TO THE GLOBAL BIG LATCH ON



The Global Big Latch On takes place at a registered locations around the world, where women gather together to breastfeed and offer peer support to each other. Their friends, family and community join this celebration to promote and support breastfeeding. Volunteers from within the community host each location, hosting a Global Big Latch On creates a lasting support network for the community.

### What to expect at a Global Big Latch On location?

There's usually a little bit of beautiful chaos, lots of laughter and then some counting. We do have some records to break, which is why we need your help. We count the number of children breastfeeding at the same time (the latch count), how many breastfeeding women gathered and the total number of people who come out to show their support, so bring as many friends and family members as you can.



At around 10.30am we count all the breastfeeding that is happening. It's a latch on, so a child's mouth around a breastfeeding woman's nipple counts. If you are breastfeeding twins or triplets (or more!) counts 2/ 3 even if they are not all breastfeeding at the same time. We figure that's fair enough!

Remember no one checks for milk transfer, children do not have to stay latched for the whole time and all ages are very welcome.

We recognise that everyone's breastfeeding journey looks different and we want the Global Big Latch On to be as fun and inclusive as possible, while still reaching our aims of positively supporting breastfeeding in public and making it a normal part of day to day life.

You can be included in the latch count by latching a child or children; using an supplemental nursing system or nipple shield; expressing milk (hand or pump) or by feeding your child breast milk via an alternative method.

For more information and to find a location near you please visit [www.biglatchon.org](http://www.biglatchon.org)