



## WELCOME TO THE GLOBAL BIG LATCH ON



The Global Big Latch On takes place at registered locations around the world, where people 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 people gathered
- the total number of people who come out to show their support, so please bring as many friends and family members as you can.



At around 10.30am we count all the breastfeeding and chestfeeding that is happening. It's a latch on, so a child's mouth around a breastfeeding persons' nipple counts.

If you are nursing twins or triplets or more, it counts as 2 or 3 etc even if they are not all breastfeeding at the same time. We figure that is fair enough.

Please 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.

We want the Global Big Latch On to be as fun and inclusive as possible.

We want to reaching our aims of positively supporting breastfeeding in public and making it part of day-to-day life.

You can be included in the latch on by

- latching a child or children
- using a supplemental nursing system or nipple shield
- expressing milk (hand or pump)
- feeding your child breast milk via an alternative method

What if you cannot get to a location?

You are welcome to take part at home. To be counted add your photo or a comment to the Global Big Latch On Facebook page or Instagram with #mybiglatchon2018