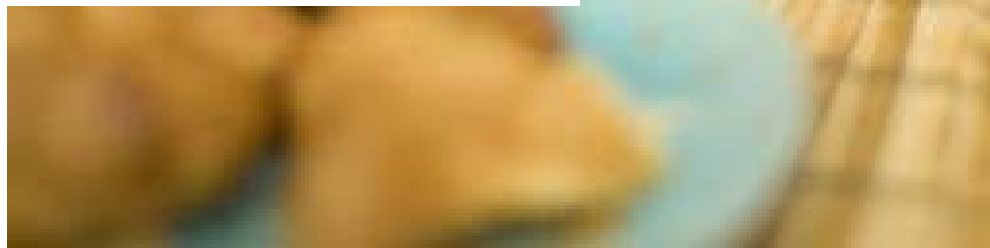


If the mere thought of eating out with your baby in tow results in a toddler-sized tantrum - and we mean from you, not your little one - read on... Our no-tears guide has all you need for hassle-free, happy meals on the go



# Eating out the easy way



Have you ever walked into a café with a buggy, bags, bibs, bottles and a bawling baby in tow, only to be greeted by stony stares and stunned silence? If so, you'll know just how stressful eating out with your baby can be. And if you've got a newborn and you practically had your own sofa in your local coffee shop pre-baby, now it can seem scarier than the labour ward! Even if you think you're a seasoned pro, being mum to a tantruming toddler who's charging round screaming for Daddy, or refusing point blank to sit on a chair or eat her tea, can be equally terrifying. If this sounds all too familiar, rest assured you're not alone - parents all over the country feel exactly the same as you.

Last year, *M&B* surveyed more than 2000 mums and dads, and you overwhelmingly told us that eating out with your baby is often just more frightening than fun. A staggering 85% of you felt that restaurants and cafés view babies and toddlers as 'a nuisance they have to put

*Even if you practically had your own sofa in your local coffee shop before your baby came along, popping in there to grab a latte can now seem even scarier than the labour ward*

## BREASTMILK FOR BABIES ON THE GO

The Philips AVENT IS15 iQ UNO Electronic Breast Pump is an award-winning portable handheld pump, which can either be battery or mains powered, and is perfect for expressing milk when you're out and about and stopping to breastfeed isn't an option. Being able to express your milk gives you great flexibility when you're out with your baby as it enables you to provide a bottle of breastmilk anytime, anywhere. The portable Electronic Breast Pump is a great choice for busy mums on the go as it gently expresses milk quickly, quietly and effectively.



up with' and what's more, over a third of you have actually been turned away for having your little one with you.

But getting out and about with your baby, whether it's just for a coffee and a chat or a special meal, needn't be a nightmare. There are loads of cafés and restaurants all over the country that are baby-friendly - log on to askamum.co.uk to find out the ones that have signed up to our Baby Friendly Britain Charter or been recommended by other mums. Once you've found a child-friendly venue nearby, you're halfway there. All you need now is a bit of planning (and patience!) and you'll be



sipping a cappuccino and choosing between chocolate or carrot cake before you know it!

**OFF TO A GOOD START**

Before you even leave the house, ensure you're heading somewhere super baby-friendly; ask other mum friends to recommend a place big enough for buggies and, most importantly, informal with child-friendly staff.

Don't head out at lunchtime, or when the café is likely to be heaving. You'll be more relaxed if it's quiet and the staff are more likely to be willing to help you out, too.

Feed your baby and change her before you leave, and don't take her in a sling – although it might make *getting* to your coffee and cake a bit easier, it means you won't have anywhere to put her down.

**BOOBS ON THE MOVE**

Give yourself time to get used to breastfeeding at home before you do it in public – remember it's a new skill that has to be learnt and you're certainly not a bad mum if you don't get the hang of it by day two. You may feel a bit daft, but why not have a go at breastfeeding in front of a mirror at home, so you can work out what position makes you feel the least exposed? Or try feeding in a sling for maximum privacy plus two hands free for eating!

Feeding bras are a must – go for ones with cups you can



release with one hand – and a feeding top, or at least a loose fitting top, will make life easier, too. Don't choose a top with fiddly buttons or, even worse, a dress – showing a bit of tummy is one thing, hoisting up your entire outfit is quite another!

Taking a bottle of expressed milk with you can also be a

*Give yourself a break when it comes to breastfeeding and soon you'll be such a pro, you'll be whipping your boobs out everywhere from the bus stop to the local takeaway!*

good idea, just in case the café is full to bursting or you just feel too embarrassed. And if you can, take a friend too – it's much easier to see the funny side of accidentally flashing your boob at the waiter if there's someone to giggle with. Lastly give yourself a break, soon you'll be such a pro you'll be whipping your boobs out everywhere from the bus stop to the local takeaway!

**A LOTTA BOTTLE**

Bottlefeeding is complicated enough at home – what with washing, sterilising, boiling, cooling, measuring and mixing to think about. So it's no wonder the prospect of doing it on the run is doubly daunting. But it doesn't have to be.

Don't be tempted to make up your baby's feed hours before you go out. You may feel more organised, but there's a risk of infections such as salmonella. Ready-mixed cartons are a great alternative and for the ultimate easy-feed on the go, buy pre-sterilised disposable bottles as well. If you feel that's too pricey, a flask of boiled water and a power dispenser-full of formula is just as quick.

And when you're out and about, make sure you start making your baby's bottle as soon as she starts to whimper – it should prevent whimpers becoming wails!

**KNOW YOUR RIGHTS**

If you're sick of being looked at like you're a Martian just for

**WARM IT UP!**

The new Philips AVENT iQ Bottle and Baby Food Warmer makes it easy to warm baby's feed quickly and safely, wherever you may be. This clever gadget uses iQ technology to automatically calculate your food warming time and boasts some exciting features to make life easier. Just select whether you are warming milk or food, the quantity and whether the contents are coming straight from the fridge or freezer and let the iQ do the rest. It couldn't be easier!



**Get kitted out**

You probably figured this out on the way home from hospital, but there's no such thing as travelling light with a baby in tow. Gone are the days when you can grab car keys, mobile and lippy and dash out the door.

But taking your little one for a bite to eat needn't require enough kit for a three-month polar expedition.

**PACK THESE MUST-HAVES INTO A CHANGING BAG (AND DON'T FORGET TO RESTOCK IT WHEN YOU GET HOME!) AND YOU'LL NEVER BE CAUGHT SHORT.**

- Bottles plus formula (go for ready-made cartons or powder dispensers) if you're bottlefeeding
- Babyfood (a jar or a tub with a tight-fitting lid) and soft-tipped spoons if your baby's weaned
- Muslins and tissues
- Bibs
- Nappies, nappy sacks, nappy cream and wipes
- Fold-up changing mat
- Spare outfit for your baby

- and a spare top for you
- Antibacterial hand gel
- Plastic bags (for soggy clothes, bibs etc)
- Fabric or board books and toys (ones that clip on to buggies are a genius idea)
- Blankets and raincover for the buggy in winter, a hat and suncream in summer
- Basic first-aid kit – infant paracetamol, teething gel, plasters etc
- Pick a bag with an extra compartment for your essentials – phone, keys, purse.
- AND IF YOU'VE GOT A TODDLER YOU MIGHT ALSO NEED...**
- Plastic bowl and spoon
- Non-spill beaker of water
- Low-mess snacks (think rice cakes, carrot sticks, chopped grapes, banana or raisins)
- Activities such as crayons, paper, toys and so on. Try to avoid noisy toys!
- Travel potty
- Extra changes of clothes in case of accidents.





asking the staff in your local caff to heat up a bottle or pop a purée in the microwave, it might help to know what your rights are...

- Cafés aren't required by law to heat up milk or baby food. If they're not happy to oblige for health and safety reasons, ask for a bowl of hot water instead.
- In Scotland, it is 'an offence to stop anyone feeding milk to children under two in public or in family-friendly licensed premises'. So whether you're in a café, on the bus or in the local shopping centre, you have the right to feed your baby. No arguments.
- It's also against Scottish law to prevent a woman breastfeeding in public.
- As yet, there's no similar law in England and Wales, though the Government is currently reviewing the need for breastfeeding legislation.
- In the meantime, look out for voluntary 'Breastfeeding Welcome' schemes, which are supported by the NCT and the Welsh Assembly.

*In Scotland, it's an offence to stop anyone feeding milk to a child under two in public or in family-friendly licensed premises – or to prevent a woman breastfeeding in public*



### 'How it works for me...'

**WE ASKED THE REAL EXPERTS - MUMS LIKE YOU - FOR THEIR TOP TIPS ON EATING OUT**

'Your baby's cry sounds louder to you than anyone else. Fact. Try to remember that when, to you, his screams sound deafening.'

*Lucy Rose-Maloney, mum to Alfie, 12 weeks*

'Invest in a pashmina or big scarf - put it over your shoulder

and it makes breastfeeding in public so much easier, and keeps your baby nice and warm too.'

*Jo Gardner, mum to Toby, three, and Lily, four months*

'Buy a milk dispenser and a vacuum flask for hot water. It's 100 times easier than

having to keep bottles of formula chilled then warming them up.'

*Viola Yu, mum to Nakia, 10 months*

'It sounds basic but never go anywhere without muslins. They're mess moppers, toys for toddler (peek-a-boo can keep a grumpy tot happy for ages!) and cover a multitude of breastfeeding sins from boobs to leaks!'

*Rebekah Shortie, mum*

*to Charlie and Henry, two, and Susie, five months*

'No mum of a toddler should leave the house to eat out without a set of washable felt-tip pens! If your little one gets bored you'll have something to entertain her with and even if it goes all over her (or the tablecloth!) you know it'll come out in the wash.'

*Katherine Clark, mum to James, three*

## 'I wish I'd said'

Ever scuttled out a café, blushing like a tomato, with the distinct impression you're not 'customer of the month' thanks to your toddler's little outburst, only to think of the perfect witty retort to the waitress's withering look as you get halfway down the street? Next time a filthy look is shot your way because your baby dares to so much as whimper, have one of our quick-fire responses on the tip of your tongue...

**YOUR BABY IS SCREAMING THE CAFÉ DOWN AS YOU WAIT FOR THE STAFF TO HEAT HER BOTTLE UP. THE TUTS ARE GETTING LOUDER AND YOU CAN FEEL STONY STARES BORING INTO THE BACK OF YOUR HEAD...**

*Don't* grab her lukewarm bottle, make your apologies and leave before you've so much as sipped your latte.

*Do* seek out the loudest tutter, hand over your screaming charge and ask if she'd like to have a go at settling her instead.

**YOU AND YOUR BEST MATE ARE TUCKING INTO PUDDING AND ROUNDING OFF YOUR MONTHLY GOSS, BUT YOUR TOT IS BORED STIFF AND RUNNING ROUND THE CAFÉ TRYING TO PLAY 'FIRE ENGINES'. YOU OVERHEAR AN OLD LADY MUTTER HOW, IN HER DAY, CHILDREN WERE SEEN AND NOT HEARD...**

*Don't* inhale your sticky toffee pud at breakneck speed while bribing your little one to be quiet with promises of unlimited chocolate buttons.

*Do* smile sweetly and say to her, 'I know, I know... If only

### BOTTLE IT!

The AVENT Airflex Feeding Bottle is specially designed to offer mums the best of both worlds, whether you want to breastfeed, bottle feed or do a combination of the two. The award-winning bottle works with your baby's natural feeding pattern, making the switch between breast and bottle feeding easier. It is also clinically proven to reduce painful colic\* - a unique built-in valve in the teat ensures air goes into the bottle, not your baby's tummy.



\*A clinical trial held at the Universities of London and Cambridge showed that newborns at two weeks of age fed with the AVENT Bottle suffered less from colic and were more content when awake than babies with standard bottles, visit [philips.com/AVENT](http://philips.com/AVENT) for further details of the trial.

they'd bring back good old National Service. Do you think three is too young for boarding school?'

**YOU'RE BREASTFEEDING IN A COFFEE SHOP AND THE MANAGER ASKS IF YOU'D MIND FEEDING YOUR BABY IN THE TOILET INSTEAD, AS YOU'RE UPSETTING THE OTHER CUSTOMERS...**

*Don't* slink off to the loo, quietly fuming at the absolute cheek of it all.

*Do* ask 'Oh, do you eat lunch in the loo then? That's not very nice, is it? I must remember to let the local Health & Safety department know.'

*And if all else fails,* a response for all reactions... 'I'm awfully sorry everyone, but I'm afraid he didn't come with a vibrate setting.'

