



Stillfreundliches Bielefeld

Englisch

 www.bielefeld.de



**Breastfeeding
Bielefeld**

**An initiative to support and
encourage breastfeeding in
public places.**



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The importance of breastfeeding¹

Breastfeeding promotes a strong bond between mother and child

Breastfeeding helps create intimacy and bonding between mom and baby. It also promotes a strong sense of love and attachment between mother and child.

Breast milk helps keep your baby

Breastfeeding has a positive impact on the child's intellectual and psychological development.

Breastfeeding reduces the risk of certain

Infants that are breastfed have a lower risk of middle ear infections, respiratory infections, sudden infant death syndrome, and diarrhea. They also have a lower risk of becoming overweight and are less likely to develop type 2 diabetes mellitus over the course of their lives.

Breastfeeding offers health benefits to mother

Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes and it leads to a fast shrinking of uterus.

Breastfeeding saves time and money

Breastmilk is always available at the right temperature and contains all the nutrients the infant needs for proper growth and development. It is free and possible at any time.

The background of the campaign

For both mothers and children breastfeeding has great health benefits, that have been proved by numerous studies. So far there is no equivalent alternative to breast milk. It is adapted to the needs of the baby, it strengthens the immune system and promotes health development.

The World Health Organization and the UNICIF recommend full breastfeeding up to the age of 6 months and then partial breastfeeding for as long as mother and child wish. ² The time of breastfeeding should be determined by the child and cannot be planned like normal meals.

Although breastfeeding offers many health benefits for both mother and child, the results of the Bielefeld survey of mothers with children to be enrolled in school that 85% start breastfeeding. However, the breastfeeding rate was 59% up to the 4th month, 47% up to the 6th month and after 12 months shrinks to only 26% (see figure).

Breastfeeding and breastfeeding duration in Bielefeld Born 2011/2012



Source: Gesundheits-, Veterinär- & Lebensmittelüberwachungsamt, Stadt Bielefeld & LZG.NRW, Enrollment class 2019

Breastfeeding Support

Despite the obvious benefits of breastfeeding, few mothers are seen breastfeeding in public places.

The city of Bielefeld has launched a long term initiative under the motto "Stillfreudliches Bielefeld" aiming to raise awareness about the benefits of breastfeeding and about the importance of breast-milk for healthy life for babies from the very first hour of birth and to promote the right of women to breastfeed in public places. Women often feel uncomfortable breastfeeding in public places and find it difficult to find a suitable place. However, breastfeeding is normal and healthy and young mothers should be able to take part in social life while breastfeeding.

The aim of the campaign is to increase the acceptance of breastfeeding. This is achieved by award winning. "breastfeeding friendly locations"; pubs, cafes, shops and public facilities can be visibly identified as with a sticker and published on the list of breastfeeding places on the Internet.

Pubs, cafes, shops and public institutions can register on the website of the city of Bielefeld.

Further information: Bielefeld.de/mode/6149 or
Scan the QR code



The World Health Organization recommends:²

1. – 6. months:

Only mother
breast milk



from 5. – 7. months:

Continue breast-
feeding and
supplement baby
food



from 10. – 12. months:

Can eat the same
family Food



They recommend breastfeeding as long as "mutually desired by mother and infant." It can be breastfeed for „up to 2 years and beyond“.

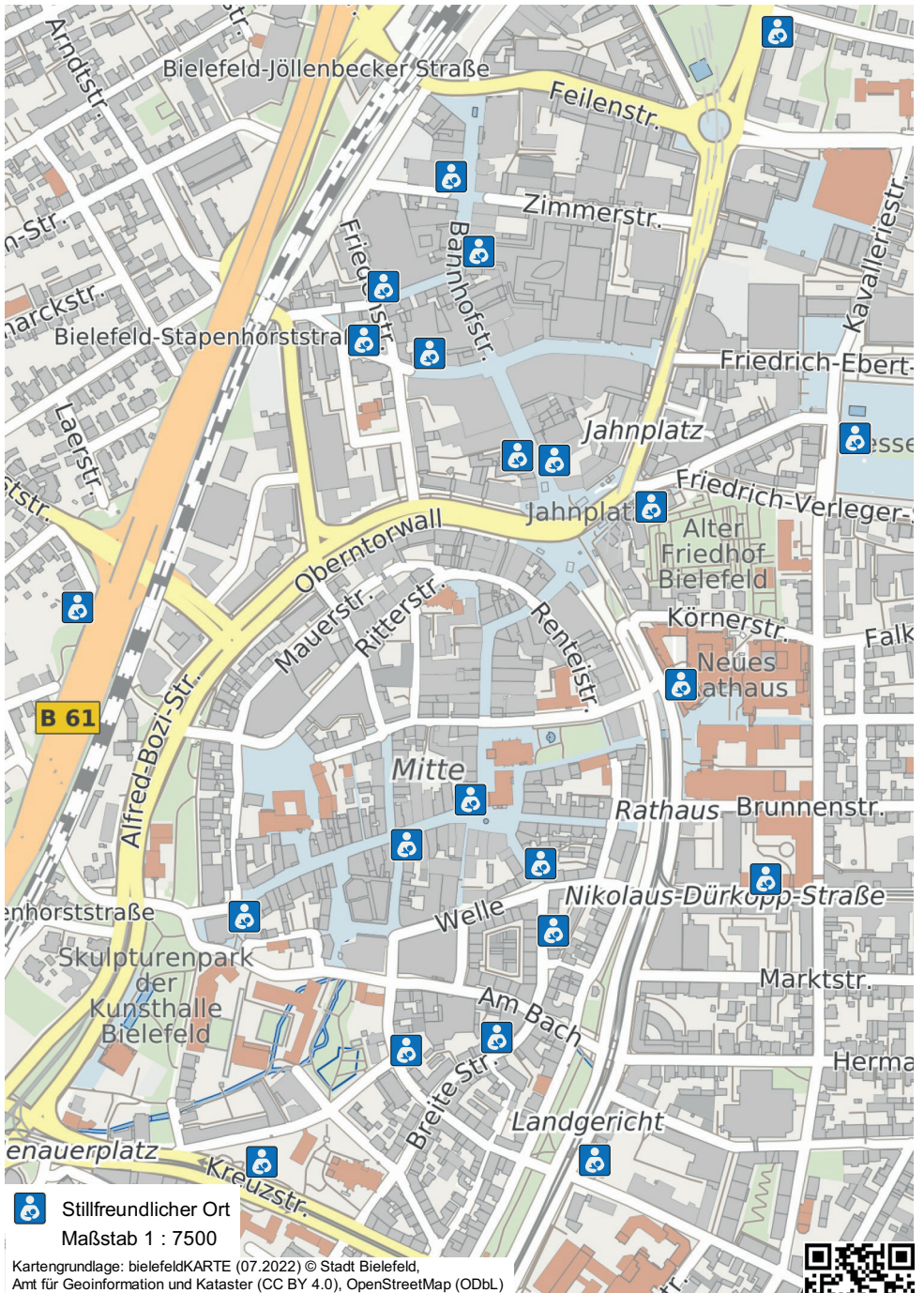
Where to breastfeed , feed and change diapers?

You can find here a list of public places of breastfeeding friendly places in Bielefeld:

In these **places** you can breastfeed your child without eating anything.

The breastfeeding friendly places are marked with this **sticker**:





An overview map with all breastfeeding-friendly places in Bielefeld can be found here:



Breastfeeding-friendly places in Bielefeld

Mitte

- **AWO Kreisverband Bielefeld e.V./Kulturhof im Umweltzentrum**
August-Bebel-Straße 16, 33602 Bielefeld
Mon – Sun 10:00 a.m. – 06:00 p.m.
- **Bäckerei Pollmeier**
(breastfeeding women are welcome in all Pollmeier and
Lechtermann bakeries in Bielefeld)
Eckendorfer Str. 37 a, 33609 Bielefeld
Mon – Fri 06:00 a.m. – 06:00 p.m.
Sat 06:00 a.m. – 05:00 p.m.
Sun 08:00 a.m. – 05:00 p.m.
Changing table, play area Babynahrung
- **Café Gemach**
Neustädter Str. 10, 33602 Bielefeld
Tue – Sat 08:00 a.m. – 06:00 p.m.
Sun 01:00 p.m. – 06:00 p.m.
Possibility to warm up baby food
- **Cafe Knigge KG**
Bahnhofstraße 13, 33602 Bielefeld
Mon – Sun 08:00 a.m. – 08:00 p.m.
Separate retreat room, changing table, possibility to heat up
baby food, play corner
- **Café Künstlerei**
Turmstraße 10, 33615 Bielefeld
Mon closed / day off
Tue – Sat 10:00 a.m. – 06:30 p.m.
Sun 02:00 p.m. – 06:00 p.m.

■ **Café Milestones**

August-Bebel-Straße 94, 33602 Bielefeld

Mon – Sun 09:00 a.m. – 01:00 a.m.

Changing table, heating possibility for baby food

■ **Café Restaurant im Bürgerpark**

Wertherstraße 88, 33615 Bielefeld

Mon – Sun 11:30 a.m. – 10:00 p.m.

Changing table, heating possibility for baby food

■ **Casa Cafe & Bar**

Karl-Eilers-Straße 12, 33602 Bielefeld

Mon – Sat 09:00 a.m. – 01:00 a.m.

Sun 10:00 a.m. – 12:00 a.m.

heating possibility for baby food

■ **dm-drogerie markt (im Nordparkcenter)**

Apfelstraße 8, 33613 Bielefeld

Mon – Sat 08:00 a.m. – 08:00 p.m.

Changing table

■ **dm-drogerie markt**

Bahnhofstraße 2 u. 39, 33602 Bielefeld

Mon – Sat 09:00 a.m. – 08:00 p.m.

Changing table

■ **Friseursalon Wolke sieben**

Herforder Str. 42, 33602 Bielefeld

Tue – Fri 10:00 a.m. – 07:00/08:00 p.m.

Sat 09:00 a.m. – 02:00 p.m.

Play corner, possibility to heat up baby food

■ **Grüner Würfel**

Kesselbrink 2, 33602 Bielefeld

Mon 11:00 a.m. – 04:00 p.m.

Tue – Thu 11:00 a.m. – 05:00 p.m.

Fri 02:00 p.m. – 05:00 p.m.

Sat 09:00 a.m. – 02:00 p.m.

Changing room, play area, possibility to heat up baby food,
separate retreatroom

■ **Gesundheitsladen Bielefeld e.V.**

Breite Straße 8, 33602 Bielefeld

Mon 01:00 p.m. – 03:00 p.m.

Thu 10:00 a.m. – 12:00 p.m.

Seating for mothers

■ **Gesundheits-, Veterinär- und Lebensmittelüberwachungsamt**

Nikolaus-Dürkopp-Str. 5 – 9, 33602 Bielefeld

Kinder- u. Jugendärztlicher Dienst | Etage 1.1

Mon – Thu 07:00 a.m. – 03:00 p.m.

Fri 08:00 a.m. – 12:00 p.m.

Possibility to retreat (Frau Lange's office | Room 141),
changing table

■ **Gutzeitcafé**

Niederwall 61, 33602 Bielefeld

Mon – Fri 07:00 a.m. – 06:00 p.m.

Sat – Sun 09:00 a.m. – 06:00 p.m.

■ **Handwerkskammer Ostwestfalen-Lippe zu Bielefeld**

Campus Handwerk 1, 33613 Bielefeld

Handwerkskammer:

Mon – Thu 07:00 a.m. – 05:00 p.m.

Fri 07:00 a.m. – 02:00 p.m.

Berufsbildungszentrum:

Mon – Thu 07:00 a.m. – 09:15 p.m.

Fri 07:00 a.m. – 08:45 p.m.

Sat 07:00 a.m. – 05:00 p.m.

Changing table, separate retreat room

■ **HANS IM GLÜCK Burgergrill & Bar**

Arndtstraße 2 b, 33602 Bielefeld

Sun – Thu 12:00 p.m. – 10:00 p.m.

Fri u. Sat 12:00 p.m. – 11:00 p.m.

Changing table, heating possibility for baby food

■ **Historisches Museum Bielefeld**

Ravensberger Park 2, 33607 Bielefeld

Mon – Fri 10:00 a.m. – 05:00 p.m.

Sat & Sun 11:00 a.m. – 06:00 p.m.

Changing table, play area, heating possibility for baby food

■ **Jahnplatz Nr. 5 – Kundenzentrum der Stadtwerke Bielefeld Gruppe**

Jahnpl. 5, 33602 Bielefeld

Mon – Fri 09:00 a.m. – 06:00 p.m.

Sat 10:00 a.m. – 04:00 p.m.

Changing table, play area

■ **Kaffeewerft**

Stapenhorststraße 91, 33615 Bielefeld

Mon & Tue closed

Wed - Sun 09:00 a.m. – 06:00 p.m.

Separate retreat room, changing table, possibility to heat up baby food

■ **Label Kitchen GmbH**

Gehrenberg 5, 33602 Bielefeld

Mon – Fri 09:00 a.m. – 06:30 p.m.

Sat 09:00 a.m. – 06:00 p.m.

possibility to heat up baby food

■ **Lechtermann Meisterbäckerei**

Lohbreite 5 – 7, 33607 Bielefeld

Mon – Sat 07:00 a.m. – 08:00 p.m.

Sun 08:00 a.m. – 12:00 p.m.

■ **LOOM Bielefeld**

Bahnhofstraße 28, 33602 Bielefeld

Mon – Sat 09:30 a.m. – 08:00 p.m.

Separate retreat room, changing table, possibility to heat up baby food, family toilet in the basement

■ **Maas Natur**

Obernstraße 51, 33602 Bielefeld

Mon – Fri 10:00 a.m. – 06:30 p.m.

Sat 10:00 a.m. – 04:00 p.m.

Quiet corner with armchair, rocking horse and picture books for children

■ **Naturkunde-Museum**

Kreuzstrasse 20, 33602 Bielefeld

Tue – Sun 10:00 a.m. – 05:00 p.m.

Changing table, Separate retreat room

■ **Neues Rathaus (New Town Hall)**

Niederwall 23, 33602 Bielefeld

Mon, Tue, Fri 07:30 a.m. – 03:00 p.m.

Wed 07:30 a.m. – 01:00 p.m.

Thu 07:30 a.m. – 12:00 p.m. & 02:00 p.m. – 06:00 p.m.

Separate breastfeeding and changing room | room A103 – key available at the information desk

■ **Pro familia Ortsverband Bielefeld e.V.**

Stapenhorststraße 5, 33615 Bielefeld

Mon 09:00 a.m. – 11:00 a.m. & 04:00 p.m. – 07:00 p.m.

Tue, Wed 04:00 p.m. – 07:00 p.m.

Thu 09:00 a.m. – 11:00 a.m.

Changing table, Separate retreat room

■ **Spielwarengeschäft Ringelreif**

Obernstraße 15, 33602 Bielefeld

Mon – Fri 10:00 a.m. – 06:00 p.m.

Sat 10:00 a.m. – 06:00 p.m.

■ **Stadtkinder – Kinderbekleidungsgeschäft**

Gehrenberg 19, 33602 Bielefeld

Tue – Fri 10:00 a.m. – 01:00 p.m. & 02:00 p.m. – 06:00 p.m.

Sat 10:00 a.m. – 04:00 p.m.

■ **Stadtwerke Bielefeld – Kundenzentrum Historische Turbinenhalle**

Schildescher Str. 16, 33611 Bielefeld

Mon – Wed, Fri 08:30 a.m. – 05:00 p.m.

Thu 08:30 a.m. – 06:00 p.m.

Changing table, play area

■ **The Coffee Store Bielefeld**

Obernstraße 2, 33602 Bielefeld

Mon – Fri 07:30 a.m. – 07:00 p.m.

Sat 08:00 a.m. – 07:00 p.m.

Sun 11:00 a.m. – 06:00 p.m.

■ **WOBU Asian American Food**

Arndtstraße 8, 33602 Bielefeld

Mon – Sat from 12:00 p.m.

Sun from 05:00 p.m.

Changing table, heating possibility for baby food

Brackwede

■ **Bäckerei Pollmeier**

Südring 50, 33647 Bielefeld

Mon – Fri 06:00 a.m. – 06:00 Uhr p.m.

Sat 06:00 a.m. – 05:00 Uhr p.m.

Sun 08:00 a.m. – 05:00 Uhr p.m.

Changing table, play area

■ **IKK classic**

Artur-Ladebeck-Straße 220, 33647 Bielefeld

Mon 08:00 a.m. – 04:00 p.m.

Tue, Thu 08:00 a.m. – 06:00 p.m.

Wed, Fri 08:00 a.m. – 02:00 p.m.

play area

■ Stadtteilbibliothek Brackwede

Germanenstraße 17, 33647 Bielefeld

Tue – Fri 10:00 a.m. – 01:00 p.m. / 03:00 p.m. – 06:00 p.m.

Sat 10:00 a.m. – 01:00 p.m.

Changing table, play area

Dornberg

■ Bielefelder Bauernhausmuseum gGmbH/

Café im Bauernhausmuseum

Dornberger Straße 82, 33619 Bielefeld

Wed – Sun 10:00 a.m. – 06:00 p.m.

Changing table and possibility to heat up baby food, sandbox including sand toys, children's books with regional content

Heepen

■ Bäckerei Pollmeier

Oldentruper Straße 111, 33604 Bielefeld

Mon – Fri 06:00 a.m. – 06:00 p.m.

Sat 06:00 a.m. – 05:00 p.m.

Sun 08:00 a.m. – 05:00 p.m.

Changing table, play area

■ Freizeitzentrum Baumheide

Rabenhof 76, 33609 Bielefeld

Tue – Fri 09:00 a.m. – 06:00 p.m.

Changing table

■ Naturfreundejugend TBW / Boulderhalle Bootshaus

Heeper Str. 364, 33719 Bielefeld

Mo – Fr 10:00 a.m. – 03:00 p.m.

heating Possibility for baby food

■ Prince & Princess Umstandsmode Bielefeld

Alter Postweg 66, 33719 Bielefeld

Mon, Wed, Fri 09:30 a.m. – 01:00 p.m./03:00 p.m. – 06:30 p.m.

Tue, Thu 09:30 a.m. – 01:00 p.m.

Sat 09:30 a.m. – 02:00 p.m.

Changing table, play area

■ Quartiersmanagement Baumheide

Am Wellbach 11, 33609 Bielefeld

Tue 04:00 p.m. – 06:00 p.m.

Thu 10:00 a.m. – 12:00 p.m.

Possibility to heat up baby food, separate retreat room

Oldentrup

■ AWO Kreisverband Bielefeld e.V. / AWO Begegnungszentrum Oldentrup

Lüneburger Straße 5, 33719 Bielefeld

Mon 01:00 p.m. – 04:00 p.m.

Tue, Wed 10:00 a.m. – 04:00 p.m.

Thu 10:00 a.m. – 02:00 p.m.

Possibility to heat up baby food, separate retreat room, toys

Schildesche

■ Familienbildungsstätte Hedwig Dornbusch-Schule e.V.

An der Stiftskirche 13, 33611 Bielefeld

Mon – Fri 08:30 a.m. – 12:30 p.m.

Mon & Thu 02:30 p.m. – 06:00 p.m.

Tue und Wed 02:30 p.m. – 04:30 p.m.

Separate retreat room, changing table, Possibility to heat up baby food, play corner, wide range of courses for families with children

Senne

■ Bezirksamt Senne

Windelsbleicher Straße 242, 33659 Bielefeld

Mon – Fri 08:00 a.m. – 12:00 p.m.

Thu 08:00 a.m. – 12:00 p.m. & 02:30 p.m. – 06:00 p.m.

Separate retreat room (please report to the district office on the 1st floor)

Sennestadt

■ Back World

Rheinallee 2, 33689 Bielefeld

Mon – Sun 05:00 a.m. – 06:30 p.m.

Baby food warm-up facilities

■ Bezirksamt Sennestadt

Lindemann-Platz 3, 33689 Bielefeld

Mon – Fri 08:00 a.m. – 12:00 p.m.

Thu 08:00 a.m. – 12:00 p.m. & 02:30 p.m. – 06:00 p.m.

Separate retreat room (please in the district office on the 3rd floor, Room 311 – 313, report)

■ Eiscafé Pellegrin

Elebeallee 25, 33689 Bielefeld

Mon – Sun 10:00 a.m. – 07:00 p.m.

Stieghorst

■ dm-drogerie markt

Detmolder Straße 320, 33605 Bielefeld

Mon – Sat 08:00 a.m. – 08:00 p.m.

Changing table

■ Lechtermann Meisterbäckerei

Stieghorster Straße 64, 33605 Bielefeld

Mon – Sat 07:00 a.m. – 08:00 p.m.

■ Lechtermann Meisterbäckerei

Detmolder Straße 550, 33699 Bielefeld

Mon – Fri 07:00 a.m. – 06:00 p.m.

Sat 07:00 a.m. – 05:00 p.m.

Sun 08:00 a.m. – 12:00 p.m.

Changing table

Do you also want to be a "breastfeeding friendly place"?

At www.bielefeld.de/node/6149

you will find the requirements and the registration form.

Or scan the QR-Code:



Consultation, information, and support

– Services before and after child birth

When you have questions about breast-feeding or need support about childbirth: Feel free to get in touch with the counseling centers here:



ASB – Hebammenzentrale Bielefeld – Gütersloh (Midwives)

contact:

0521 2704202 or via the contact form on the website

What?

Advice by telephone from midwives on all areas of midwifery work and finding suitable midwives services eg, Childbirth preparation course , parental care, childbirth support, postnatal training course and / or breastfeeding advice

The consultation is free of charge.

Opening hours:

Mon + Tue + Thu: 09:00 a.m. – 11:00 a.m.,

24-hours via the contact form on the homepage:

www.asb-hebammenzentrale.de/wo-es-uns-gibt/asb-hebammenzentrale-bielefeld-guetersloh

AWO Advice center for families and children from 0 to 6 years

Detmolderstr. 280, 33605 Bielefeld

contact:

0521 9216421 or familienberatung@awo-owl.de

What?

Counseling and support in education and relationship problems, anamnesis, diagnostics and behavioral observation, Parental advice, family play therapy, child therapy, Marte Meo (video-accompanied parent-child play sessions), accompanied interaction, advice/supervision and case discussions for special

lists from the day care center, shadowing, open parent consultation hours in family centres, early help, online advice among eltern.bke-beratung.de/

The consultation is free of charge.

Opening hours:

Mon – Thu: 09.00 a.m. – 04.00 p.m.; Fri: 09:00 a.m. – 11:00 a.m.

www.awo-jugendundfamilie-owl.de

**Die Hebamme in Bielefeld – Hebammenpraxis
(The midwife in Bielefeld – midwife practice)**

Ulrike Bohnes-Berg, Siechenmarschstr. 323, 33615 Bielefeld

contact:

0521 488160 or ich@die-hebamme-in-bielefeld.de

What?

Breastfeeding advice, solid food advice, postnatal courses and much more

Registration is necessary. Appointments by arrangement.

All further information can be found on the website:

www.die-hebamme-in-bielefeld.de/stillberatungen/

**Fachstelle Kinderschutz / Frühe Hilfen
(Department of Child Protection / Early Help)**

New Town Hall, Niederwall 23, 33602 Bielefeld

contact:

0521 51-5555

What?

The child protection department coordinates the offers of early help. These include, for example, family midwives, family sponsorships or family, health and pediatric nurses

Reachability:

Mon – Wed: 08:00 a.m. – 04:00 p.m., Thu: 08:00 a.m. – 06:00 p.m.

Fri: 08:00 a.m. – 12:00 p.m.

Further information can be found on the website:

www.bielefeld.de/node/10114

Familienbildungsstätte Hedwig Dornbusch-Schule e.V. (Family education center Hedwig Dornbusch School e.V.)

An der Stiftskirche 13, 33611 Bielefeld

contact:

0521 982609-0 or info@hedwig-dornbusch-schule.de

What?

Extensive range of courses on all aspects of pregnancy and childbirth, e.g. B. Birth preparation and postnatal courses, breastfeeding preparation course, breastfeeding as a topic in many courses, Elternstart NRW, dwarf meeting

Registration is required by phone or email.

All further information can be found on the website:

www.hedwig-dornbusch-schule.de

Familienbüro (Family office)

New Town Hall, Niederwall 23, 33602 Bielefeld

contact:

Heike Bockermann, 0521 51-5252, Katharina Lange, 0521 51-3999
or familienbuero@bielefeld.de

What?

Point of contact for families with regard to all questions relating to pregnancy and childbirth and much more – you often do not know who is responsible or who is not familiar with the organizational structures. Are you looking for the right offer for your request and would you like some support? The family office sees itself as an intermediary and assumes a "guide function" to the wide range of family offers and services in Bielefeld.

Just drop by or make an appointment. You are of course also welcome to contact us by phone, post or email.

Opening hours:

Mon - Fri: 08:30 a.m. - 12:30 p.m., Thu also: 02:00 p.m. - 06:00 p.m.
(Room G 114/G 116)

www.bielefeld.de/node/6261

Franziskus Hospital

Kiskerstraße 26, 33615 Bielefeld

contact:

0521 5891510 or elternschule@franziskus.de

What?

- 1) Breastfeeding information evening (last Wednesday of the month, 06:00 p.m. – 08:00 p.m.)
- 2) Outpatient breastfeeding clinic – for acute problems with breastfeeding or questions about breastfeeding, one-to-one advice (Tuesdays 12:30 p.m. – 02:30 p.m.)
- 3) Breastfeeding and baby meeting – offers mothers and their children the opportunity to exchange experiences or tips in a relaxed atmosphere. Breastfeeding and lactation consultants are there and will answer all questions about breastfeeding, nutrition, complementary food and many other topics (Tuesdays, 10:00 a.m. – 12:00 p.m.)

Registration is necessary. The offers are free of charge.

The offers are free of charge. Further information can be found on the website:

www.franziskus.de/de/patienten-besucher/elternschule

Frauenmantel e. V. (Lady's mantle e. V)

Diesterwegstraße 9, 33604 Bielefeld

contact:

Julia Rose, info@frauenmantel.net

What?

Individual advice on breastfeeding, commitment-oriented weaning and bottle feeding

Prior contact by email required.

Opening hours and **costs** by arrangement.

www.frauenmantel.net

Geburtshaus Bielefeld (Birthplace Bielefeld)

Wertherstr. 8, 33615 Bielefeld

contact:

0521 5281550 or kontakt@geburtshaus-bielefeld.de

What?

1 x monthly parents' café (1st Friday of the month from 02:00 p.m. to 03:30 p.m.) for an open exchange or the clarification

tion of questions about breastfeeding or nutrition. Midwife or lactation consultant on site

A registration is not necessary. Costs: 7,00 €

www.geburtshaus-bielefeld.de

pro familia Ortsverband Bielefeld e.V. (local branch)

Stapenhorststraße 5, 33615 Bielefeld

contact:

Jaqueline Moll, 0521 124073 or bielefeld@profamilia.de

What?

Counseling for Families – Before and After Birth; Possibility to breastfeed in the counseling center/changing facilities available
It is **not necessary** to **register** for the free consultation

Opening hours:

Mon + Thu: 09:00 a.m. – 12:00 p.m.;

Mon – Wed: 04:00 a.m. – 07:00 p.m

www.profamilia.de/angebote-vor-ort/nordrhein-westfalen/bielefeld

Sozialdienst katholischer Frauen e.V. Bielefeld (Social Service of Catholic Women e.V. Bielefeld)

Turnerstr. 4, 33602 Bielefeld

contact:

0521 9619143 or schwangerschaftsberatung@skf-bielefeld.de

What?

The SkF advises, informs and supports women and families in all matters relating to pregnancy, childbirth and parenthood up to the child's third year. In emergency situations, the SkF provides financial support from the Federal Foundation "Mother and Child – Protection of Unborn Life" during pregnancy.

Consultation appointments take place after telephone agreement.

The offers are independent of nationality and religious affiliation. The advice is free of charge, confidential, anonymous if desired and is subject to confidentiality. www.skf-bielefeld.de



**You can find other helpful websites*
on the subject of breastfeeding here:**

**Arbeitsgemeinschaft Freier Stillgruppen (AFS) – u. a. Stillberatung
(Working Group of Independent Breastfeeding Groups (AFS) –
e.g. breastfeeding advice)**

www.afs-stillen.de/die-afs/

**Berufsverband Deutscher Laktationsberaterinnen IBCLC e.V.
- u. a. Stillberatungssuche**

**(Professional Association of German Lactation Consultants
IBCLC e.V. – i.a. Breastfeeding Advice Search)**

www.bdl-stillen.de/

**Bundesministerium für Ernährung und Landwirtschaft
(Federal Ministry of Food and Agriculture)**

www.bmel.de/DE/Ernaehrung/GesundeErnaehrung/SchwangerschaftBaby/_Texte/Stillen.html

Bundeszentrum für Ernährung (Federal Center for Nutrition)

www.bzfe.de/inhalt/ernaehrung-und-bewegung-von-saeuglingen-und-stillenden-frauen-28127.html

**Bundeszentrale für gesundheitliche Aufklärung (BZgA)
(Federal Center for Health Education (BZgA))**

www.kindergesundheit-info.de/themen/ernaehrung/stillen/

Deutsche Gesellschaft für Ernährung e.V.

(German Society for Nutrition e.V.)

www.dge.de/ernaehrungspraxis/bevoelkerungsgruppen/schwangere-stillende/

**Netzwerk Gesund ins Leben – Alles für die Stillzeit
(Network healthy into life – everything for the breastfeeding
period)**

www.gesund-ins-leben.de/fuer-familien/alles-fuer-die-stillzeit/

**La Leche Liga Deutschland e.V. – u. a. Stillberatung
(La Leche League Germany e.V. – i.a. breastfeeding advice)**

www.lalecheliga.de/

leading information

You will find here:

(Netzwerk Gesund ins Leben)



Publishers imprint

Published by:



Stadt Bielefeld

Gesundheits-, Veterinär- und
Lebensmittelüberwachungsamt

Nikolaus-Dürkopp-Str. 5 – 9, 33602 Bielefeld

gesundheitsamt@bielefeld.de

Responsible for the content:

Dr. Peter Schmid

Photos:

Phantermedia

Sources:

¹Rouw, E., von Gartzen, A. & Weißenborn, A. Bedeutung des Stillens für das Kind. Bundesgesundheitsbl 61, 945–951 (2018).

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