The Liverpool Milk Trail

A FREE audio tour through breastfeeding-friendly Liverpool



The ten Liverpool Milk Trail locations

1 Liverpool Central Library

Explore the spectacular Liverpool Central Library, including its large children's section, beautiful historic rooms and plenty of comfortable places to sit, read, rest or feed.

Breastfeeding question:
Breastfeeding is linked to a lower risk of breast and ovarian cancer – what other conditions does breastfeeding protect mothers from?

2 Liverpool Metropolitan Cathedral

Discover this iconic Liverpool landmark, with its circular interior and extraordinary coloured light. There are peaceful spaces to sit and rest, as well as gardens and open areas where children can explore.

Breastfeeding question:
If your baby feeds frequently, you don't have enough breastmilk. True/False.

3 Liverpool Anglican Cathedral

Explore one of Liverpool's most extraordinary buildings, with its enormous interior, stained glass and peaceful spaces. The cathedral is a welcoming place to pause, feed a baby and spend time together as a family.

Breastfeeding question:
What hormone helps milk production when a baby breastfeeds?

4 The Bluecoat

The Bluecoat is a beautiful historic arts centre in the heart of Liverpool, with exhibitions, a café and an enclosed garden where families can take a break from the busy city.

Breastfeeding question:
Over 70% of mothers who stopped breastfeeding before six months said they would have liked to continue. True/False.

5 Liverpool ONE Baby Room

In Liverpool ONE there is a dedicated space where parents can stop, feed and care for their babies while visiting the city centre.

Breastfeeding question:
Why is a mother's first milk 'Colostrum' sometimes called "liquid gold"?

6 John Lewis Feeding Room

John Lewis offers a dedicated breastfeeding and baby-changing facility close to its café, providing families with a comfortable place to stop during the trail.

Breastfeeding question:
Can an employer make a difference to how long a baby is breastfed? Yes/No.

7 Museum of Liverpool

Explore the stories of Liverpool and the generations of people who have lived, worked and raised families here. The museum is particularly family-friendly, with step-free access, baby-changing facilities and plenty for children to discover.

Breastfeeding question:
Is breastmilk the same as formula? Yes/No.

8 Open Eye Gallery

Head towards Liverpool's waterfront and visit Open Eye Gallery, a welcoming photography gallery where families can explore exhibitions, sit and feed.

Breastfeeding question:
Is breast milk exactly the same from one feed to the next? Yes/No.

9 World Museum

World Museum has plenty for children and adults to discover: everything from dinosaurs and ancient Egypt to the aquarium and the natural world.

Breastfeeding question:
Can partners, friends and loved ones make a difference to breastfeeding? Yes/No.

10 Walker Art Gallery

Explore the Walker Art Gallery and its collection of paintings, sculpture and decorative art. Walker Art Gallery also has some great breastfeeding paintings to discover!

Breastfeeding question:
Can one mother's breast milk help another baby she has never met? Yes/No.



Share your adventure with
#LiverpoolMilkTrail

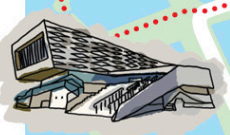


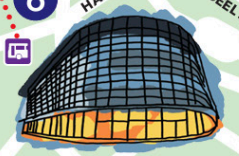
















Have you completed the Liverpool Milk Trail?



The Liverpool Milk Trail is designed to help make breastfeeding visible and welcome in everyday public life, while introducing families to places across Liverpool where parents and young children can feel comfortable.

Take your time. Stop for a feed, a rest or a play whenever you need to, and enjoy discovering the city together.



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BABY WEEK
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How the Liverpool Milk Trail works

MILK



1

At each of the ten locations, look for the **Liverpool Milk Trail poster**. Answer the question on the map overleaf.

2

The information desk at each venue will have the answer to the question. And if you use a smart phone you can scan the **QR code** on the poster to hear the mother's story during the trail.

3

There is a second challenge especially for younger children. **On each poster is a secret letter.** Write down every letter you find. Once you have visited all ten locations, move the letters around to make the magic word! CLUE: This is the special power of breastfeeding found in every feed….



4

You can use the library computers to listen to all the stories anytime at **www.YouTube.com/c/holdingtime** in the Liverpool Milk Trail playlist. **For more details, scan here:**

If you prefer to use Googlemaps you will find the trail venues listed here: bit.ly/4y3OXJA