



This Milk Trail map will guide you to nine breastfeeding friendly venues around Hull city centre. With the help of the clues, find the answer to the question within each venue and jot down the answer.

You'll discover some amazing facts about breastfeeding.

Along the way enjoy the wonderful pictures provided by primary school children in Hull.

Getting started

You can choose where to start from. Do one or all nine the choice is yours, all in one trip or one at a time.



Scan me!

For breastfeeding support in Hull, East Riding and Northern Lincolnshire.



Scan me!

Find out more about Hull's Family Hubs



Learn amazing facts about breastfeeding

Discover some of Hull's iconic buildings



FUN & FREE!
FOR THE WHOLE FAMILY

A family-friendly adventure trail
of breastfeeding venues across Hull



Advice for parents and carers of children aged 0-19

We can help with...

- infant feeding
- baby bonding
- sleep
- parenting support
- bedwetting
- toileting
- behaviour
- keeping healthy and safe
- child and teenage development



Scan me!

or message us for confidential advice and support:

07312 263 206

Some Breastfeeding Benefits for Baby – there are lots more!

- ♥ Helps brain development
- ♥ Less risk of heart disease
- ♥ Less risk of childhood cancers
- ♥ Less risk of sudden infant death syndrome
- ♥ Less chance of developing coughs and colds
- ♥ Less likely to have asthma
- ♥ Less likely to have ear infections
- ♥ Helps protect baby's teeth
- ♥ Helps speech development
- ♥ Less chance of being overweight
- ♥ Better response to immunisations

Discover some of Hull's iconic buildings

Some Breastfeeding Benefits for Mum – there are lots more!

- ♥ Less risk of breast cancer
- ♥ Less risk of ovarian cancer
- ♥ Less likely to have thinning of bones
- ♥ Less risk of high cholesterol
- ♥ Lower blood pressure
- ♥ Helps natural weight loss after birth
- ♥ Convenient
- ♥ Less expensive
- ♥ Less risk of type 2 diabetes

Learn amazing facts about breastfeeding

FUN & FREE!

FOR THE WHOLE FAMILY

Share your #MilkTrail photos and tag us:



Hull City Council



@HullCCNews



@hullcitycouncil



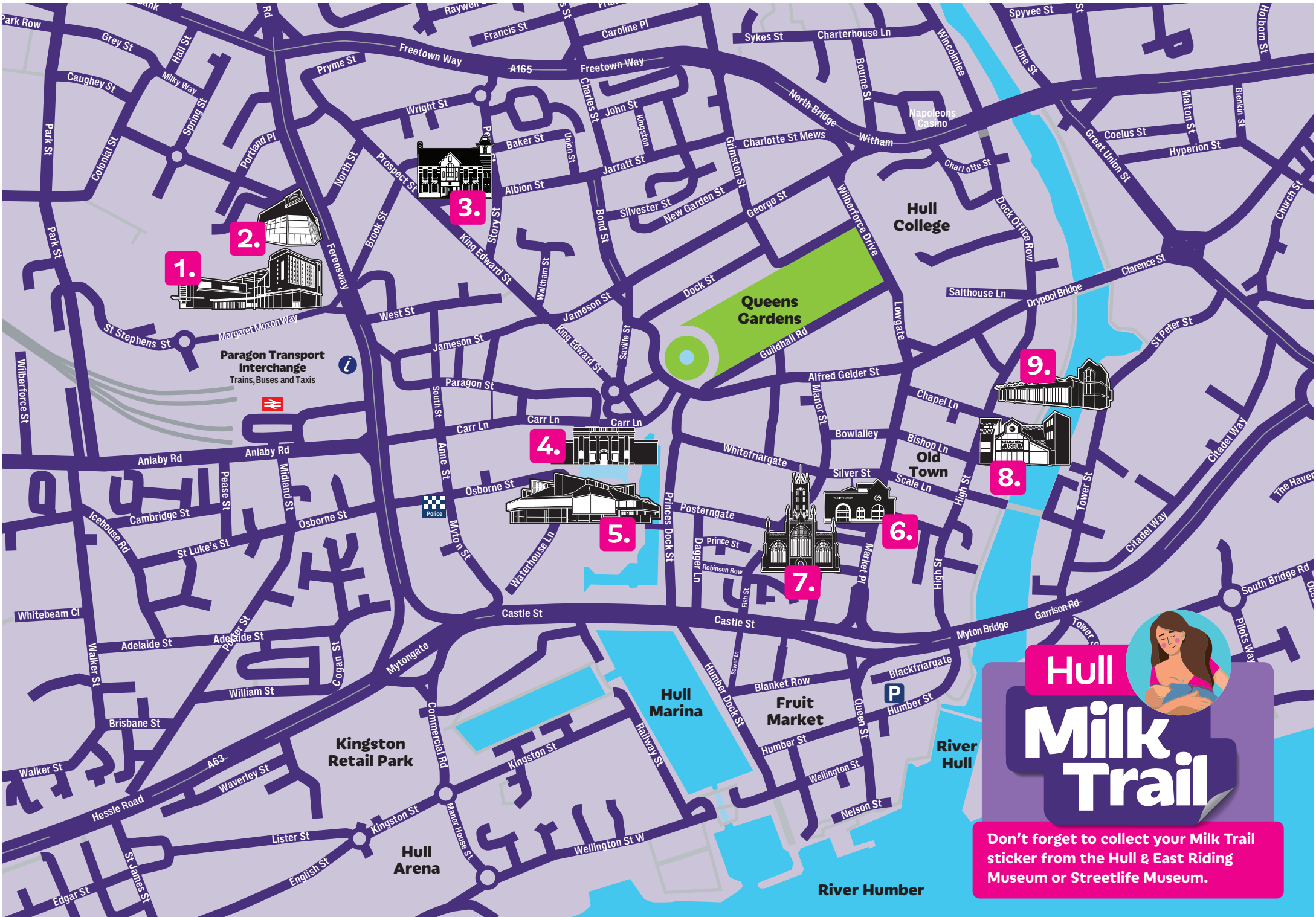
Breastfeeding Benefits for Public Health

- ♥ Healthier population
- ♥ Less time off work for parents related to childhood illness
- ♥ Less packaging - good for environment
- ♥ Healthier planet



AWAITING URL

Scan me!
to discover all the breastfeeding friendly venues across Hull



Hull Milk Trail

Don't forget to collect your Milk Trail sticker from the Hull & East Riding Museum or Streetlife Museum.

St. Stephen's Shopping Centre

110 Ferensway, Hull, HU2 8LN

OPENING TIMES:

Monday - Saturday:
9:00am - 7:00pm
Sunday:
10:30am - 4:30pm

FACILITIES:

- Baby changing
- Comfortable breastfeeding area, 1st Floor
- Lift available



QUESTION: Does breast milk contain bacteria?

WHERE TO LOOK: Look around on the ground floor for something that is usually seen in the sky.

ANSWER:

Ferens Art Gallery

Queen Victoria Square, Carr Lane, Hull, HU1 3RA

OPENING TIMES:

Monday - Saturday
10:00am - 4:30pm
Sunday:
11:00am - 4:00pm

FACILITIES:

- Baby changing



QUESTION: Is breastfeeding good for mums?

WHERE TO LOOK: Head to the place where there is art for little people.

ANSWER:

Hull Minster

Trinity Square, Hull, HU1 1RR

OPENING TIMES:

Monday - Saturday:
9:00am - 7:00pm
Sunday:
10:30am - 4:30pm.

FACILITIES:

- Services on a Sunday morning so not suitable for trail on a Sunday.
- Baby changing



QUESTION: Can breast milk help babies sleep?

WHERE TO LOOK: Find the peace window and you will find the answer.

ANSWER:

Hull Truck Theatre

50 Ferensway, Hull, HU2 8LB

OPENING TIMES:

Tuesday - Saturday:
11:00am - 5:00pm
Closed Mondays and Sundays unless there is a performance on.

FACILITIES:

- Baby changing in male and female toilets
- Comfortable breastfeeding area



QUESTION: What has breast milk got to do with William Shakespeare?

WHERE TO LOOK: Look for a place you can play or dress up.

ANSWER:

Princes Quay

Waterhouse Lane, Hull, HU1 2PQ

OPENING TIMES:

Monday- Saturday:
9:00am - 5:30pm
Sunday:
10:30am - 4:30pm

FACILITIES:

- Baby changing
- Comfortable breastfeeding area, 3rd Floor
- Lift available
- Leisure operators open till late



QUESTION: Can breast milk help fight infection?

WHERE TO LOOK: On the 3rd floor, look for the place opposite a 'Hero' - (Hull for Heroes)

ANSWER:

Hull & East Riding Museum

High Street, Hull, HU1 1PS

OPENING TIMES:

Monday - Saturday:
10:00am - 4:30pm
Sunday:
11:00am - 4:00pm

FACILITIES:

- Baby changing
- Comfortable breastfeeding area, 1st Floor
- Lift available



QUESTION: Eye spy with my little eye. What has breast milk got to do with this?

WHERE TO LOOK: Take a seat in the countryside.

ANSWER:

Central Library

Albion Street, Hull, HU1 3TF

OPENING TIMES:

Monday - Tuesday:
9:30am - 5:00pm
Wednesday: 1:00pm - 7:30pm
Thursday: 9:30am - 7:30pm
Friday: 9:30am - 1:00pm
Saturday: 10:00am - 4:00pm
Sunday: Closed

FACILITIES:

- Baby changing
- Comfortable breastfeeding area



QUESTION: Is breast milk good for babies' brains?

WHERE TO LOOK: Find the crocodile and walk to the end.

ANSWER:

Trinity Market

Trinity House Lane, Hull, HU1 2JH

OPENING TIMES:

Monday- Saturday:
7:30am - 5:00pm
Closed Sundays

FACILITIES:

- Baby changing



QUESTION: How big is a baby's stomach when it is born?

WHERE TO LOOK: This box is definitely not a mobile phone!

ANSWER:

Streetlife Museum

High Street, Hull, HU1 1PS

OPENING TIMES:

Monday - Saturday:
10:00am - 4:30pm
Sunday:
11:00am - 4:00pm

FACILITIES:

- Baby changing
- Comfortable breastfeeding area, 1st Floor
- Lift available



QUESTION: What has a mums breathing got to do with her breast milk? **WHERE TO LOOK:** Look for a black and white animal, then you will see the river.

ANSWER: