

Sheffield Milk Trail



1 Moor Market

2 Winter Garden

3 Millenium Gallery

4 Central Library

5 Sheffield Hallam University Owen Building

6 Arundel Gate Bus Interchange

7 Sheffield Town Hall

The trail is an activity for anyone and everyone, you don't need to be breastfeeding or supporting someone who is to take part.

Discover breastfeeding friendly venues across the city whilst finding out more about mammal milk.



8 Find your final answer at any Family Hub

To find your nearest Family Hub scan the QR code or visit: <https://sheffieldcc.maps.arcgis.com/apps/instant/nearby/index.html?appid=4f471176fc2344d885fa2b53a5ffd81c>





Name:

Email:

Telephone:

1

Which mammal hibernates during pregnancy, childbirth and the first three months of breastfeeding?

2

What is the name of the 'love hormone' released which helps parents and babies to bond?

3

Which mammal's milk contains 61% fat?

4

Which hormone in breastmilk can make a baby sleepy?

5

Which mammal feeds their young while swimming?

6

Which mammal's milk contains 300 times more protein than human milk?

7

What fruit is a newborn baby's stomach the same size as?

8

Which mammal breastfeeds up until the age of 9?



Hand in this sheet to your local Family Hub or email completed forms to breastfeeding@sheffield.gov.uk to be entered into a prize draw.

Tag us in your photos completing the Milk Trail @BreastfeedinginSheffield (Facebook and Instagram).

To find out more about the Milk Trail scan the QR code or visit www.sheffielddirectory.org.uk/Milk-Trail