

## YOU CAN BREASTFEED IN PUBLIC!

Some women might feel uncomfortable when breastfeeding in public. Just remember that your baby needs nourishment from your breast milk. It is **LEGAL** to breastfeeding in public. You have rights! The federal government, California and many other states have laws that protect you if you breastfeed in public.



### **BREASTFEEDING IN PUBLIC IS PROTECTED BY THE CALIFORNIA STATE LAW (AB 157)<sup>1</sup>:**

**“A mother may breastfeed** her child **in any location**, public or private, except the private home or residence of another, where the mother and child are otherwise authorized to be present.”

Your comfort level with breastfeeding in public will increase as you become confident<sup>2</sup>. Remember, breastfeeding is a normal part of life and the healthiest food you can give your baby.

You can get privacy while breastfeeding by using a nursing sling or wrap. Some women with large breasts may want to be more covered up. Use a nursing cover or light blanket for extra privacy.<sup>3</sup>

If you will be out in public with limited privacy, pump before going out and feed you baby breast milk from a bottle.

### TIPS OF THE WEEK

- Breastfeeding is protected by the law.
- A simple cover-up may provide you with the privacy you need.
- Breastfeeding is a normal part of life and the healthiest food you can give your baby.

Practice at home so you can find your comfort level in terms of exposure.<sup>4</sup>

Remember, the health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, or Medi-Cal. Contact your insurance plan for questions about your breastfeeding benefits.

**IF YOU NEED BREASTFEEDING HELP, CALL  
THE HELP LINE: 888-278-6455**



## RESOURCES:

Visit lessons on *Storing Breast Milk* and *Breastfeeding and Pumping* (Week 7).

<https://www.womenshealth.gov/breastfeeding/breastfeeding-in-public.html>

[californiabreastfeeding.org/advocacy/breastfeeding-in-public/](http://californiabreastfeeding.org/advocacy/breastfeeding-in-public/)

[breastfeedinglaw.com](http://breastfeedinglaw.com)

[kellymom.com/bf/concerns/mother/criticism/](http://kellymom.com/bf/concerns/mother/criticism/)

[breastfeedingbasics.com/articles/public-nursing](http://breastfeedingbasics.com/articles/public-nursing)

## APPS:

### FEEDFINDER

[itunes.apple.com/gb/app/feed-finder/id672237934?mt=8](https://itunes.apple.com/gb/app/feed-finder/id672237934?mt=8)

## BLOGS:

### UNLATCHED

[unlatched.wordpress.com](http://unlatched.wordpress.com)

### CHRONICLES OF A NURSING MOM

[chroniclesofanursingmom.com/](http://chroniclesofanursingmom.com/)

## VIDEO

### BREASTFEEDING IN PUBLIC

[youtube.com/watch?v=vzCQLApd5Aw&feature=youtube\\_gdata\\_player](https://youtube.com/watch?v=vzCQLApd5Aw&feature=youtube_gdata_player)

## REFERENCES

1. California Lactation Law. (2014). Retrieved from <http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/CaliforniaLawsRelatedtoBreastfeeding.aspx>
2. Pennsylvania Department of Public Health. (2014). Handouts. But I'd be Embarrassed. Retrieved from <http://www.portal.state.pa.us/portal/server.pt?open=514&objID=558213&mode=2>
3. Hoover, KL. (2008). Maternal Obesity: Problems of Breastfeeding with Large Breasts. *Women's Health Report*, 6-10.
4. Lauwers, J. and Swisher, A. (2011). *Counseling the Nursing Mother: A Lactation Consultant's Guide*. 5th Ed. Jones & Bartlett Learning. Sudbury, MA.