

## You Have the Right to Breastfeed

### Before you have your baby, you have the right to...

- Receive information about the benefits of breastfeeding.
- Receive information on how to get started and how to get help if you need it.

### When you are in the hospital, you have the right to...

- Hold your baby skin-to-skin right after birth, even if you have a cesarean section.\*
- Breastfeed within one hour after birth.\*
- Have your baby in your room 24 hours a day so you can breastfeed anytime.\*
- Tell hospital staff not to give your baby bottles or pacifiers (unless prescribed by your doctor).
- Put a sign on your baby's crib that says:  
"My baby is breastfed.  
No bottles or pacifiers."
- Have help from a breastfeeding specialist, especially if your baby has special needs.
- Provide breastmilk to your baby even if your baby is in the NICU (neonatal intensive care unit).



\* Depends upon the medical condition of you and your baby.

## **When you leave the hospital, you have the right to...**

- Be discharged without receiving free samples or coupons for formula.
- Information about where to take your baby for a follow-up appointment.
- Information about breastfeeding support groups in your community, breastfeeding (lactation) specialists, and breast pumps.
- Information about how to pump and store your milk.

## **You have the right to breastfeed anywhere...**

- Your right to breastfeed in public is protected by law.
- State Statute 253.16 says that a mother may breastfeed her child in any public or private location; and no person may prohibit a mother from breastfeeding her child, tell a mother to move to another location to breastfeed her child, or tell a mother to cover her child or breast while breastfeeding.



This institution is an equal opportunity provider.

*Adapted from the Breastfeeding Mothers' Bill of Rights, New York State.*