



When leaving the hospital, ***NURSING*** mothers have the “right” to ...

Get information about community breastfeeding help (e.g. support groups, lactation educators and breast pump rentals)

Learn more about the Nevada Breastfeeding Law — NRS 201-232

Be protected from marketing tactics of companies (e.g. free infant formula, materials with business logos, take-home bags from formula companies)

Be told which health-care providers will support their decision to breastfeed

Learn about how important it is to take their baby for a doctor’s visit two to three days after leaving the hospital

Get instructions on how to safely collect, handle and store breast milk

Receive up-to-date information about infant nutrition

For medically difficult situations (e.g. premature babies), ***MOTHERS*** have the “right” to...

Begin hand-expressing (pumping) colostrum (mom’s first milk) so it can be given to their infants as soon as medically possible, even if their infants cannot feed directly from the breast

Have their infants placed on their bare chests (skin-to-skin) as soon as possible

Have repeated skin-to-skin contact with their infants even if their infants are not able to breastfeed

Keep up their milk supply if their babies are unable to latch-on by being helped in pumping, handling and storing breast milk

Be shown how to go from expressing breast milk to feeding their infants

Resources:

Breastfeeding warm line - University of Nevada Cooperative Extension
702-257-5583

Southern NV Breastfeeding Coalition www.snvbreastfeeding.org

Mom’s Special Gift is funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-992-0900.

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Know Your Breastfeeding “Rights”*

By

**Madeleine Sigman-Grant, PhD, RD
MCH-Nutrition Area Extension Specialist**

**Women have the basic right to choose to breastfeed their babies. Once that decision is made, they need to insist on support from others. This fact sheet provides suggestions to help women meet their breastfeeding goals.*



**MOM'S SPECIAL
GIFT**

All **WOMEN** have the “right” to...

Get the latest information about the benefits of breast milk

Learn about what infant formulas do not have

The latest information about basic breastfeeding management

Verbal and/or written instructions in the language of their choice

Exclusively (breast milk only) breastfeed their babies with no commercial infant formula or water given without their verbal ok

Get a lactation consult if there is an infant feeding issue (check insurance plans for fees)

All **PREGNANT** women have the “right” to ...

Get information from health-care providers about what to expect when breastfeeding

Tell their health-care providers about their decision to breastfeed

Tell their family and friends about their choice

Be told about any labor and delivery care, actions and medicines that could get in the way of breastfeeding

All **BREASTFEEDING** women have the *legal* right to ...

Breastfeed in any public or private location where they are authorized to be — Nevada Revised Statute 201.232

Reasonable break time (paid or unpaid) to pump breast milk, if working in a business with more than 50 people — Fair Labor Standards Act (Section 4207)

Immediately after delivery, **MOTHERS** have the “right” to ...

Have their babies placed on their chests (skin-to-skin) as soon as possible after delivery, even if they do not plan to breastfeed

Begin nursing their babies within the first hour of life

During the hospital stay, **MOTHERS** have the “right” to ...

Have a trained professional watch them nurse their babies to make sure of proper latch-on and milk production

Have their babies in their hospital rooms 24 hours a day

Nurse their babies as often as needed, any time night or day, so they nurse eight to 12 times in 24 hours

Refuse to allow their babies to be given **even** one bottle of commercial infant formula or a pacifier without a strong medical reason

Ask medical staff to limit visitors and separations so they and their babies can get to know each other without being disturbed

Hold and comfort their babies during tests and examinations by medical staff

Ask for medications and birth control methods that will not affect breastfeeding

Receive information on what to expect when nursing at home



References:

- New York Breastfeeding Bill of Rights. (2010) <http://www.health.state.ny.us/publications/2028.pdf>
Illinois Breastfeeding Bill of Rights. (2010) <http://www.illinoisbreastfeeding.org/21401/21422.html>
Gillis M and **MJ Sigman-Grant**. *Commentary: Principles of Health Care Ethics and the WHO/UNICEF 10 Steps to Successful Breastfeeding*. Journal of Human Lactation. (2010) 26 (1): 11-14.
US Surgeon General's Call to Action. (2011) <http://www.surgeongeneral.gov/topics/breastfeeding/index.html>