Know Your Breastfeeding “Rights”*  

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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.

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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**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: