

- ▶ To be with your baby at any time after you give birth.
- ▶ To start breastfeeding, so long as it's safe for you and your baby.
- ▶ To get information about breastfeeding so that you can decide what you want to do.
- ▶ To have someone show you how to feed your baby.
- ▶ To get advice about the health benefits of breast milk for your baby, how to eat and stay healthy while you are breastfeeding, common problems nursing moms face, and how to collect and store your breast milk.
- ▶ To get information about how to feed your baby with formula if you can't breastfeed or decide not to.



RESOURCES ON BREASTFEEDING

Breastfeeding Partners

www.breastfeedingpartners.org
1-800-522-5006

The National Women's Health Information Center

www.womenshealth.gov
1-800-994-9662

La Leche League International

www.llli.org
1-800-LALECHE (525-3243)

IN PUBLIC

YOU HAVE THE RIGHT:

- ▶ To breastfeed your baby in any public or private place where you have a right to be.
- ▶ This includes stores, day care centers, doctors' offices, restaurants, parks, movie theaters and many other places.
- ▶ *No one can tell you to leave any of these places because you are breastfeeding, and no one can tell you to breastfeed in a bathroom, a basement or a private room.*

AT WORK

YOU HAVE THE RIGHT:

- ▶ To pump breast milk for three years after you give birth.
- ▶ To use your paid break or meal time, or take reasonable

FIGHT FOR YOUR RIGHTS

If you feel your rights are being violated or you are being treated unfairly because you breastfeed your baby, contact:

The Reproductive Rights Project

New York Civil Liberties Union
125 Broad Street, 19th floor
New York, NY 10004
212-607-3339

www.nyclu.org/issues/rrp
rrp@nyclu.org

YOUR

BREASTFEEDING RIGHTS

IN NEW YORK

AT THE HOSPITAL

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AT WORK

YOU HAVE THE RIGHT:

- ▶ To pump breast milk for three years after you give birth.
- ▶ To use your paid break or meal time, or take reasonable unpaid break times, to pump breast milk.
- ▶ To ask for a private place to pump breast milk close to where you work. Your employer must try to find you one.
- ▶ *Your employer cannot discriminate against you for choosing to breastfeed your baby or for pumping milk at work.*



NYCLU

NEW YORK CIVIL LIBERTIES UNION