

# Legal Protections for Breastfeeding Parents & Babies

Breastfeeding and breast milk feeding are vital for the nourishment of infants and your rights as a lactating parent are protected by laws in the United States that support breastfeeding parents and kids. This guide provides you with information about laws that ensure lactating parents' rights and their babies' rights to be fed.

## Health Insurance Coverage For Lactation Care and Supplies

Your health insurance plan is here to help! Thanks to the Affordable Care Act, your insurance plan is required to cover:

- Lactation counseling
- Breast pumps; either rented or purchased



## Workplace Protections

Many laws guarantee breastfeeding parents like you have the time, space, privacy, and support needed to continue providing the best nutrition for your child. These laws represent a step forward in recognizing and valuing the importance of breastfeeding in our society.

### Pro Tip!

Since the passage of The PUMP Act these protections apply to most workers, including teachers, agricultural workers and nurses!

## Your rights when you return to work:

### BREAK TIME

Federal law requires that you have the right to take breaks for pumping or breastfeeding during your workday

### PUMPING SPACE

You are entitled to private space that is functional for pumping breast milk

### NON-DISCRIMINATION

It is illegal for your employer to discriminate against you based on your need for lactation accommodation

## State/Territorial Laws

State and territories in the US also have their laws to protect you as a breastfeeding parent which can include:

- All 50 states protect the right to breastfeed in public
- Considerations for child custody matters to ensure your breastfeeding relationship is respected
- Guidelines for breastfeeding in child care centers to support you even when you aren't with baby
- Workplace accommodation laws
- Laws that protect your ability to travel with breast milk and breastfeeding supplies

\*If state/territorial laws provide greater protection than federal laws, the stronger law takes precedence



Breastfeeding is your and your baby's essential right protected by the law, and we're here to cheer you on every step of the way! Schedule your follow-up appointment with your Nest Collaborative IBCLC by going to our website, [www.nestcollaborative.com](http://www.nestcollaborative.com) or calling (888) 598-1554.

Remember, you're not alone on this journey! We're here to support you with the information and planning you need for new stages of lactation, including your return to work. We look forward to continuing to work with you to meet your breastfeeding goals!

