



## Breastfeeding in Public

Many women feel uncomfortable when breastfeeding in public places, even while feeding their baby discreetly. It is important to remember, you are feeding your baby!

Virginia passed a new law on July 1, 2016 allowing a mother to breastfeed her baby in all public places. The federal government and many other states have laws that protect nursing mothers and their babies.

Even with the growing awareness of the benefits of breastfeeding, you may find it difficult to do so. It is important to believe in yourself and your choice. You can succeed and we are here to help.

- Wear clothing that is easily pulled up from the waist or button down the front.
- Use a lightweight blanket around your shoulders and over the baby. Some babies do not like to have their head covered. With a little trial and error you will find what works for you and your baby.
- Breastfeed your baby in a sling or other type of soft infant carrier that you can wear.
- If you are worried about being too revealing in public, practice at home.

It isn't possible to stay home all the time. You can feel free to feed your baby while out and about. Remember you are feeding your baby, providing for her needs. Be proud of the commitment you have made and enjoy travelling light, with less to pack

