

Breastfeeding accommodations in your community



Laws and policies at the federal, state, tribal, and local levels can help reduce barriers for parents who want to breastfeed. Explore unique opportunities to accommodate breastfeeding in each of the community spaces below.

HOSPITAL

Hospitals and health care settings

Hospitals can adopt evidence-based policies that support breastfeeding families—like allowing mothers and babies to stay in the same room after birth (room in) and providing breastfeeding training for providers, and connecting families with lactation support.

States can encourage—or even require—hospitals to adopt these practices through state recognition programs or mandates.

Home

Laws and policies that give parents time off after birth—including paid and unpaid leave—make it easier for families to breastfeed.

It's also important to connect families with lactation support once they've returned home from the hospital. And workplaces that support telework opportunities so that moms can work at home make it easier to continue breastfeeding.

Workplace

Policies that support breastfeeding after mothers return to work can have a big impact. Laws also require employers to provide adequate break time and space to breastfeed.

Babies-at-work policies that let parents keep their babies with them during the work day help too. Employers can also ensure that the health insurance plans they offer cover supplies families need, like breast pumps, and have a network of lactation-support professionals.

Child care

Child care programs can support breastfeeding by providing space to breastfeed and store breast milk. It's also important to train staff on how to store and handle breast milk.

States can require child care programs to support breastfeeding through practices like these.

Community

Laws that protect the right to breastfeed in public and require lactation rooms in community spaces can create a supportive environment for breastfeeding families. This also helps to normalize breastfeeding in the community.

For more information: <https://www.healthypeople.gov/2020/law-and-health-policy>