

## When you leave the hospital...

### you have the right to\*:

- Receive breastfeeding information that does not contain ads for formula.
- Be discharged without receiving coupons for formula, or free samples.
- Information about breastfeeding resources in your community, such as support groups, breastfeeding (lactation) consultants and breast milk pumps.
- Information about where to take your baby for a follow-up appointment. Ask for a list of recommended providers.
- Information about how to pump and store your breast milk.

\*Adapted from the Breastfeeding Mothers' Bill of Rights, Public Health Law, Section 2505-a.

## You have the right to breastfeed anywhere

- Your right to breastfeed in public is protected by law.
- NY Civil Rights Law, Section 79-e, says that women can breastfeed in any public place.
- Penal Law 245.01 says it is not indecent exposure.

## You have the right to pump breast milk at work

- Employers must make a reasonable effort to give you private space and time to pump breast milk at work (Nursing Mothers in the Workplace Act, NYS Labor Law, Section 206-c).
- You may be able to use paid time – it's worth it to ask.



## You Have the Right to Breastfeed



For more information on breastfeeding, call 311. You can also call the National Breastfeeding Helpline at 1-800-994-9662.

Breastfeeding – Simply the Best  
**Know Your Rights!**

Choosing how to feed your new baby is one of the most important decisions you will make. Doctors agree that for most women, exclusive breastfeeding is by far the safest and healthiest choice. It is your right to be informed about the benefits of breastfeeding and have your health care provider encourage and support breastfeeding. These rights are yours – regardless of your race, religion, national origin, sexual orientation or who is paying for your health care.

**Bring this card to your health care provider so you can talk about your rights to breastfeed before, during and after you deliver your baby.**

## Before you deliver... you have the right to\*:

- Receive complete information about breastfeeding – its benefits, how to get started, and how to get help if you need it.



## When you are in the hospital... you have the right to\*:

- Have your baby in your room 24 hours/day so you can breastfeed at any time.
- Tell the hospital staff not to give your baby any bottle feedings or pacifiers unless you and your doctor approve.
- Skin-to-skin contact with your baby right after birth, even if you deliver by cesarean section.
- Breastfeed within one hour after birth.
- Have help from a breastfeeding (lactation) counselor, especially if your baby has special needs.
- Have family members or friends also receive breastfeeding information from a specially trained staff member.
- Post a sign on your baby's crib that reads, "My baby is only breastfeeding. No bottles or pacifiers."
- Provide breast milk to your baby, even if your baby is in the NICU (neonatal intensive care unit). The staff should show you how to do this.
- Have support for breastfeeding if you or your baby are hospitalized again.

\*Adapted from the Breastfeeding Mothers' Bill of Rights, Public Health Law, Section 2505-a.