

Nursing in Public

Best for mom and baby, wherever they are



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Why nurse in public?

Can't you just wait until you go home?

Breastfed babies nurse frequently. They receive their food, drink and comfort from their mothers. Mothers need to leave their home and carry on with life, and babies are unpredictable. It is inevitable that a baby will have to nurse outside of the home. If a mother can only nurse while at home, a successful breastfeeding relationship will be very difficult, and the mother is more likely to become depressed upon being cut off from others.

Why can't you just go to the restroom or somewhere private to nurse?

Who wants to eat in a smelly, cramped, germ-infested public restroom? Babies are people too - why would we expect them to eat somewhere that no other human would? There are other members of the family that need to be considered, as well: a mother cannot be expected to relocate all of her children to a dressing room to feed her baby, nor should a baby be excluded from his family's meal.

Why don't mothers just pump their own milk and use a bottle when in public?

Many breastfeeding women do not pump, have never pumped, and do not own a pump, or even bottles. Many breastfed infants would not even take an occasional bottle, especially from their mothers when they know the "real thing" is available.

Why not cover up with a blanket?

No one should ever be made to feel they have to cover up with a blanket. Many babies won't nurse at all with a blanket on them. It is important that a baby latch on properly, which a mother needs to see. As a baby gets older he may be upset about being under a blanket and rip it away before nursing. In the summer months a blanket may be too hot for baby and mother.

The Law Protects Breastfeeding

- New York State law states:
"a mother may breast feed her baby in any location, public or private, where the mother is otherwise authorized to be"

NY CLS Civ R § 79-e (Article 7 Miscellaneous Provisions).
1994 N.Y. ALS 98; 1994 N.Y. LAWS 98;
1994 N.Y. S.N. 3999

- Federal appeals courts have ruled that **breastfeeding is a constitutional right.**



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NURSING IS NORMAL!

It is a mother caring for, loving and feeding her baby.
The real question should be: "Why would you want to hide that?"