

Breastfeeding Bill of Rights



This Breastfeeding Bill of Rights lists items IMPORTANT AND ESSENTIAL to all women and families as they prepare for childbirth and parenthood. In recognition of the nutritional, health, social and emotional advantages of breastfeeding, women should be educated, supported and encouraged to breastfeed their babies.

All Women have the Right to...

Evidence based information regarding the advantages of breastfeeding, the risk of formula feeding and basic breastfeeding management during her pregnancy.

Verbal and written information regarding breastfeeding in her first language.

Be assisted by knowledgeable and supportive caregivers to...

- begin breastfeeding her baby within the first hour of life
- provide breastmilk to her baby in medically challenging situations
- exclusively breastfeed her baby with no bottles or pacifiers given to baby without her permission
- begin pumping immediately when needed
- be informed of the care, procedures and medicines that may impact breastfeeding

Place her baby skin to skin immediately after birth with no interruption until after the first breastfeeding has been completed, and thereafter, as often as desired.

Keep her baby in her room with her for 24 hours a day.

Limit visitors and separations so that she and her baby can get to know each other without distractions.

Hold and comfort her baby during tests and examinations by health care providers.

Be shown how to express and store her breast milk.

Recieve information regarding community breastfeeding support resources.

Be informed of the breastfeeding laws of her state.

Be protected from influential marketing tactics of product manufacturers, ie free formula, discharge bags, educational materials with company logos.