



Texas law protects your right to breastfeed in public.

- ✿ Texas passed a law in 1995 that gives you the right to breastfeed in public.
- ✿ The law says you can breastfeed your baby anywhere you have a right to be. In other words, your baby has the right to breastfeed wherever and whenever he is hungry.

Nursing in public takes practice. As your baby gets older, it becomes easier and you'll be glad you don't have to carry bottles everywhere you go. By nursing in public, you are showing other mothers that it's possible to give your baby the best nutrition — and get out of the house.



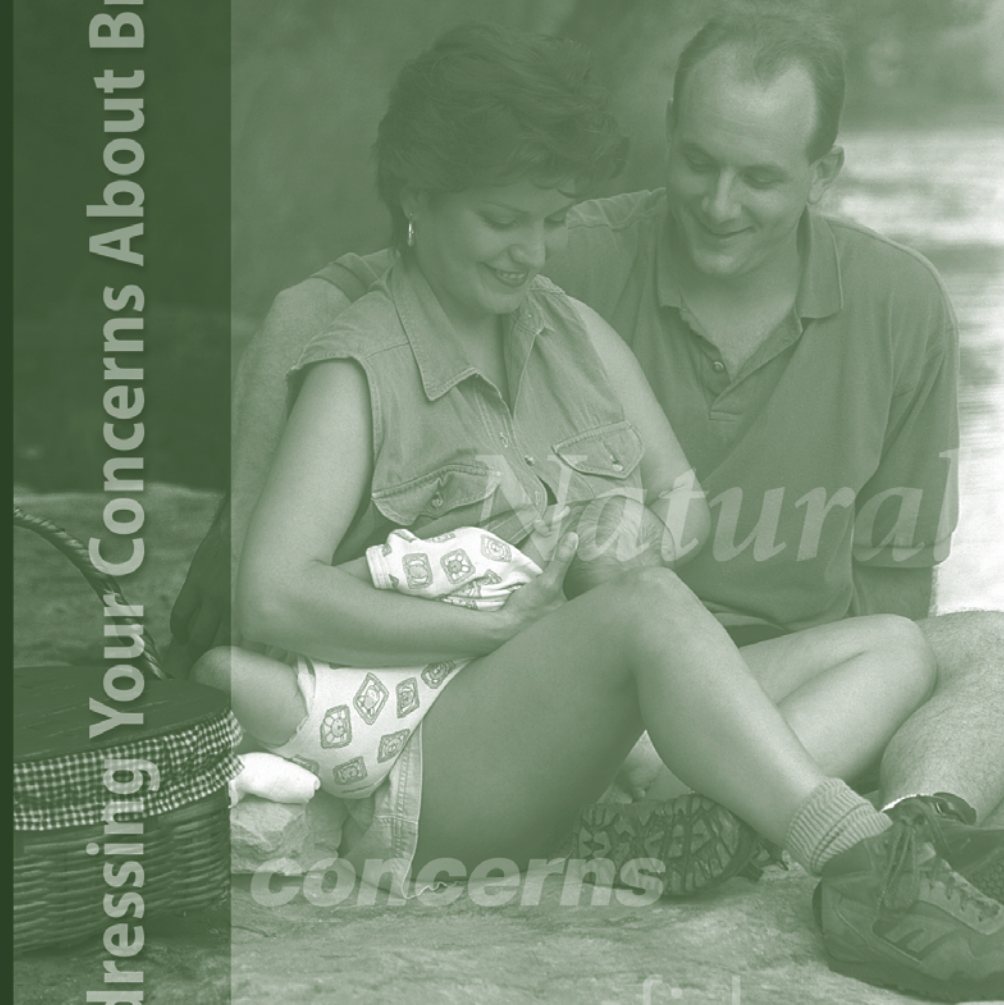
For breastfeeding help and information, call 1-800-514-6667.

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Addressing Your Concerns About Breastfeeding:

Breastfeeding in PUBLIC



concerns

confidence

Nursing in public?

I can't do that.

People will see my breast and stare!

Nursing in public is something lots of new mothers worry about — and for good reason. In our country, the breast is seen as a sexual object more often than it is seen for its natural purpose — to feed babies. What many don't know is that you can breastfeed in public and no one will ever know. Once you get the hang of it, you'll realize there are many other mothers who nurse their babies in public. You've just never noticed it before.

Let's face it. When a baby has to eat — he has to eat.

As a breastfeeding mother, it's important to feed your baby at the first sign of hunger — sucking on his hands or fingers, making sucking noises with his mouth, or turning his head toward your breast. Feeding the baby as soon as possible will help you have a large milk supply. Feeding him before he starts crying will also attract less attention.

Prepare for nursing in public before you leave home.

- ✿ Wear an oversized T-shirt or sweatshirt you can pull up from the bottom, a fitted T-shirt with a loose button-front shirt over the top, or a shirt that you can unbutton from the bottom.
- ✿ Take a baby blanket to throw over your shoulder for extra privacy.



A sling holds a baby in the cradle position right at the breast.

How would anyone know she is breastfeeding?

- ✿ Wear your baby in a sling or front pack. This can be the easiest and most private way to breastfeed in public. Slings or front packs can be purchased inexpensively at resale shops and neighborhood garage sales.
- ✿ Practice nursing your baby in the mirror to see what others will see.
- ✿ Breastfeed your baby just before you leave home.

Once you've reached your destination, search for a place where you can sit down to nurse. That way, you'll be ready when your baby is ready.

- ✿ If weather allows, nurse in your car when you arrive.
- ✿ A dressing room can be a very convenient and quiet place to nurse.
- ✿ Large grocery stores, discount stores, or malls may have a restroom with a baby area that provides a place to sit and a diaper-changing table.
- ✿ Pharmacies almost always have a place to sit down.
- ✿ If eating out, tell the host your baby will need to nurse and ask for a booth or a corner table.
- ✿ Wear your baby in a sling or front pack and you may not need a special place to nurse or sit down.

Be confident and comfortable when nursing in public.

- ✿ When talking to people in public, such as store clerks, waiters or even friends, be confident and keep eye contact with them so they'll know it's all right for them to look at you. Your eye contact will also distract from what your baby is doing.
- ✿ If you are by yourself in a large open area, focus on your baby's eyes and face. After a while, you won't even know there are others around and they will be less likely to notice you.