

# Breastfeeding in Public: Making it Work!

Many mothers wonder about breastfeeding in public. First, it is perfectly legal to breastfeed in public. In Arizona, the law clearly says a mother is entitled to breastfeed her child in public and is not subject to indecent exposure laws.

A.R.S. 41-1443

A mother is entitled to breastfeed in any area of a public place or a place of public accommodation where the mother is otherwise lawfully present.

A.R.S. 13-1402

Indecent exposure does not include an act of breastfeeding by a mother.

Your baby has the right to eat wherever you are. Having a hungry, crying baby calls more attention to yourself than nursing your baby!

## **What clothes do I need for breastfeeding?**

Nursing in public is simple. You don't need special clothes. You can wear loose fitting clothes that lift from the bottom. When you latch the baby, let the bottom of the shirt cover your breast. Your baby's head and body will cover the rest of your breast. Practice in front of a mirror until you feel confident about nursing in public.

## **Do I have to use a nursing cover?**

Some mothers are more comfortable nursing under a cover, but it is not necessary. You can breastfeed discreetly without a cover as described above, but it is fine to use one if it makes you more comfortable. Your WIC clinic may be able to provide you with a privacy cover, or you can use a lightweight baby blanket.

## **If I'm in public, where can I breastfeed?**

You can breastfeed anywhere you are, like the grocery store, doctor's office, or laundromat. If you are uncomfortable and want privacy away from home, you can usually find a dressing room, restaurant booth, or nursing/lactation room that will give you privacy.

## **What if someone doesn't approve?**

If you are in public and asked to stop breastfeeding, ask for the supervisor or manager in charge. Some people are uninformed, but the manager should be able to educate the employee.

Feel confident that your baby's needs are met and be proud that you are breastfeeding and providing your baby with the nutrition he needs!



**24-Hour Breastfeeding Hotline**  
1-800-833-4642

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