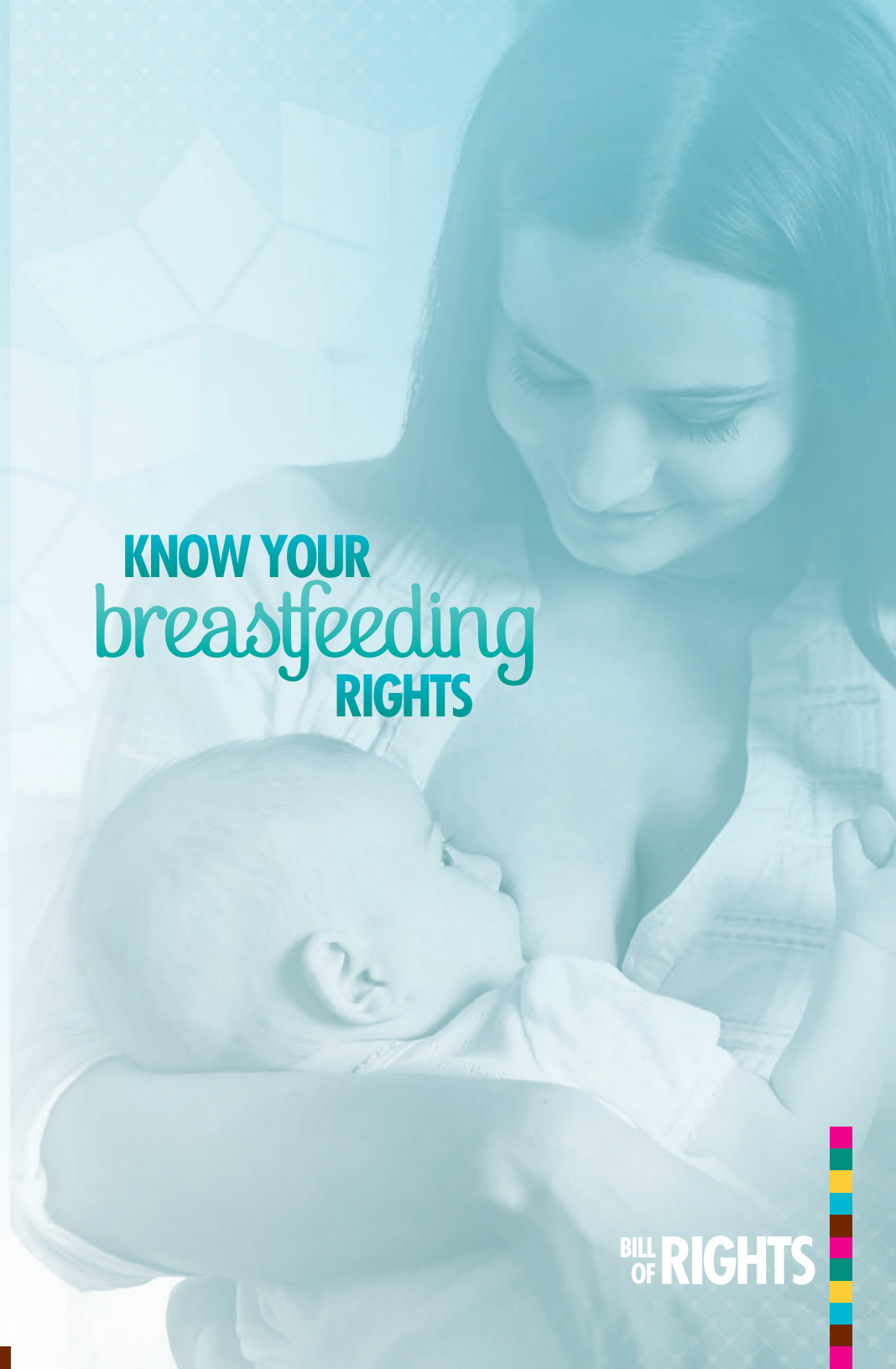


No matter who you are, where you're from, or what you believe, your healthcare facility should make this information clear to you from the beginning and should work with you to answer your questions and concerns. It is your right as a mother to be as prepared as possible, especially when it concerns your child's health and safety. ■



## KNOW YOUR breastfeeding RIGHTS



[HealthySD.gov/Breastfeeding](http://HealthySD.gov/Breastfeeding)  
[SDWIC.org](http://SDWIC.org)



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**BILL  
OF RIGHTS**





# breastfeeding BILL of RIGHTS

With a new infant on the way, you have important choices to make. Choices that will have an impact for years to come. One of the biggest choices will be how you are going to feed your baby. According to doctors, breastfeeding is the safest and healthiest choice for most women and infants. But choosing to breastfeed is your choice, and you deserve to be aware of your rights.



## BEFORE DELIVERY

It is your right as a mother to request complete information from your healthcare facility on breastfeeding including:

- The benefits of breastfeeding for you and your baby.
- How to prepare yourself to breastfeed.
- Potential problems breastfeeding can present and how you can solve those problems.



## AT THE HEALTHCARE FACILITY

Other than a medical emergency, these rights should never be ignored.

- Your baby should ALWAYS be allowed to stay with you after birth, and you SHOULD hold your baby skin to skin the 1st hour after delivery.
- Your baby can stay with you 24 hours a day and breastfeed at any time.
- Your healthcare facility should provide a trained professional for help and information.
- You may demand that your baby not receive pacifiers, formula, or any bottle feeding.
- You should be made aware of and allowed to refuse drugs that may affect your milk.
- Even if your baby requires special care, the hospital must make every attempt to help you continue your breastfeeding efforts and provide your baby with pumped breast milk.
- You can continue breastfeeding, even if your baby is in the neo-natal unit.



## AFTER YOUR HEALTHCARE FACILITY STAY

After discharge, your rights to breastfeed and to receive helpful information about breastfeeding should not be overlooked.

- You may request more information about breastfeeding experts, support groups, and breast pumps in your community.
- If you require a second stay, after your first delivery stay, you have the right to continue your breastfeeding efforts with the hospital's full support.
- In South Dakota, the law allows a mother to breastfeed in any private or public places as long as she is obeying other state or local laws. The law also prohibits local governments from banning breastfeeding in public places.
- All employers are required by federal law to provide hourly employees with reasonable break time and space to express breast milk for 1 year after the child's birth.

