

## **Breastfeeding Law**

Are you aware that moms are allowed to breastfeed their babies wherever they are allowed to be in New York State?

It may seem strange that there needs to be a law to protect a mother's right to breastfeed her baby, but many breastfeeding moms have had to deal with unwanted criticism from other people.

A 1994 law passed by the New York State Legislature guarantees that moms can breastfeed their baby in the grocery store, at the mall, in church, at the beach, or anywhere they are legally allowed to be.

Babies need to breastfeed at least 8-12 times a day. Knowing this, many moms may limit their activities away from home so that they can comfortably breastfeed without fear of comments or conflict with other people.

One of the best reasons to breastfeed is that a mom can have the freedom to comfortably and discreetly feed her hungry baby in public with practice and by wearing appropriate clothing. The only "equipment" she needs is herself, diapers, and changes of clothing for the baby.

How reassuring is it to know that you can be very active together and breastfeed your baby anywhere you would feel comfortable eating your own meal?

Breastfeeding is normal...no matter where you are.

CCE offers breastfeeding support to their participants. For more information please call 315-331-8415.