

Take Home or At Clinic

NUTRITION

On Your
Own

Self-Paced Lesson



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Anytime, Anyplace — Breastfeeding in Public



A special bond occurs when a mom is breastfeeding her baby. Breastfeeding is for anytime, anyplace. Although the idea of sharing these moments in public may cause concern, moms should know that it is their legal right to breastfeed anywhere they are allowed to be. Breastfeeding in public can be done with confidence – most moms are already nursing in public and going completely unnoticed.

To complete this lesson, go to the “Getting Prepared” tab of the www.breastmilkcounts.com website. There, you will find a section on breastfeeding in public that will help you answer the questions found in this lesson.

What things could you do to prepare for breastfeeding in public?

Does Texas law protect a mother's right to breastfeed in public? Check your response:

YES

NO

When you are away from home and need to feed your baby, where are some good places to nurse?



THANK YOU
for breastfeeding
your baby.

May future mothers never
have to search for a secluded
corner, dressing room, or
bathroom to pump breastmilk
or feed their babies.

 **BREASTMILK**
EVERY OUNCE COUNTS

breastmilkcounts.com

What types of things should you look for when looking for a place to feed your baby?

What are some things you can do to help other breastfeeding moms feel confident about breastfeeding in public?

In case you want extra privacy when breastfeeding in public, what are some things you can use as a nursing cover?





Nursing in public becomes easier each time you do it. By nursing in public, you are showing other mothers that it is possible to give their baby the best nutrition anytime, anyplace.

Your WIC breastfeeding counselor can talk to you about more tips for breastfeeding while on-the-go and give you a pocket-sized “License to Breastfeed” card that explains the Texas law that protects your right to breastfeed in public.

For further assistance, please indicate the following:

I would like to speak to a breastfeeding counselor. Check your response:

- YES NO

I would like “License to Breastfeed” card. Check your response:

- YES NO

I would like to talk about the following concerns I have about breastfeeding:

Breastfeeding counselor’s contact information:
