

# Breastfeeding

## Getting babies off to a healthy start



*Breastfeeding is the natural and healthy way for moms to feed their babies. Breast milk is considered the perfect food for babies!*

## What to know

- **Good for babies:** Breastfeeding helps babies get off to a healthy start and is key to decreasing rates of common childhood illnesses, such as ear infections. It also reduces risks of obesity and disease, including certain types of cancers.
- **Good for moms:** Breastfeeding has important health benefits for moms, including a reduced risk of breast cancer, ovarian cancer, and osteoporosis.
- **Good for families:** Families and friends play important roles. Ask mom what will help. Dads and others can get involved by holding, bathing, and reading to baby.

# Minnesota law

## AT WORK

State law says an employer must provide unpaid break time daily to allow an employee to express breastmilk for her infant. The space should be close to the work area, not a bathroom or toilet stall, shielded from view, free from intrusion, and include access to an electrical outlet.

## IN PUBLIC PLACES

State law says a mother may breastfeed in any location, public or private, where the mother and child are authorized to be.

## AT THE MINNESOTA STATE FAIR

For a place to breastfeed or pump, visit [www.health.mn.gov](http://www.health.mn.gov) and search for “lactation station.”

## For more information

- **Support:** 877-214-BABY
- **Minnesota Department of Health:**  
<http://www.health.state.mn.us/breastfeeding>
- **Minnesota WIC:**  
<http://www.health.state.mn.us/wic>
- **Minnesota law:**  
<http://www.publichealthlawcenter.org/topics/healthy-eating/breastfeeding>



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