



FEEDING YOUR BABY IN PUBLIC

A special bond occurs when you
breastfeed or chestfeed your baby.
You can feed them anytime, anywhere!



REMEMBER, YOU CAN FEED YOUR BABY ANYWHERE YOU ARE AUTHORIZED TO BE IN THE STATE OF NEVADA!

You may feel uncomfortable breastfeeding or chestfeeding in public. If you find it hard, try some of these tips to feed your baby discreetly:



1. Practice feeding your baby discreetly at home.
2. Don't lift your breast/chest out of the neck of your shirt. Lift your shirt up from the bottom to allow your baby access to the breast/chest.



3. Watch your baby for early hunger cues, such as licking or sucking their hands or fingers. Try to feed your baby before they become fussy or cry.



4. In a restaurant, sit in the corner of a booth or with your back turned to feed your baby discreetly, if desired.
5. Feed your baby in clean, comfortable places, such as a fitting room or quiet corner of a store; you do not have to use a bathroom.



6. Use layers, such as a cardigan, jacket, or light blanket to cover your baby, if desired. You can always feed your baby in a baby carrier or sling – no one will know!
7. Wear a two piece outfit, with a top and pants or a skirt to offer your baby easy access to the breast/chest.
8. Talk to your family and friends about how they can support you, such as watching other kids or advocating for you in public.

NEVADA LAW-BREASTFEEDING IN PUBLIC

NRS 201.232

"Notwithstanding any other provision of law, a mother may breast feed her child in any public or private location where the mother is otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breast feeding."



1-800-8-NEV-WIC
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NEVADAWIC.ORG

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