



BREASTFEEDING IN PUBLIC

*The more you nurse in public,
the more comfortable you will feel!*

Do I need to cover up?

Texas law protects a mother's right to breastfeed in public in whatever way is most comfortable for her and her baby.

To help you feel more comfortable:

- Wear layered shirts you can easily adjust.
- Bring a light blanket if you would like extra privacy.

What if someone says something negative to me?

- Breastfeeding in public is your legal right and most moms breastfeed in public without an issue.
- Your local WIC office can give you a pocket-sized card that explains this law. You can share this with anyone who approaches you.
- Texas law states, "A mother is entitled to breastfeed her baby in any location in which the mother is authorized to be."



How can I feel more confident when I breastfeed in public?

- It's normal to feel nervous at first. The more you nurse in public, the more comfortable you will feel!
- Find a breastfeeding support group, and practice around other moms.
- When talking to people while nursing, keep eye contact with them so they know it's ok to look at you.
- If you are by yourself, focus on your baby's eyes to remind yourself of the great job you're doing!

*By nursing in public,
you are showing
other moms that it
is possible to give
your baby the best
nutrition anytime,
anyplace.*



Breastfeeding Help and Information
Texas Lactation Support Hotline - 24/7
1-855-550-6667
Breastmilkcounts.com

Find out how WIC can help you make amazing kids.
Visit [TexasWIC.org](https://www.texaswic.org) to learn more and find your
nearest WIC clinic.



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