

# NORMALIZE BREASTFEEDING IN PUBLIC

Have you ever seen a mother nursing her baby in public and wished you had a way to discretely encourage her? Now you'll have a way to do that! Print this free download (keeping in mind that it is double-sided) and you'll have a set of cards to tuck away in your purse or diaper bag for the next time you see someone who might appreciate the support.

On the front is a friendly message of support, thanking the mother for helping to normalize nursing in public.

On the back, it explains that breastfeeding in public is legal and protected by both federal and Florida state law. Sadly, it's not unheard of for a nursing mom to be approached in public and asked to stop feeding her baby. If that happens, this card can be a resource to her as she explains her rights.

**I am giving you this card to tell you how much I appreciate seeing a mother breastfeed in public. Thank you for helping to normalize something that should already be normal. By breastfeeding in public, you are giving other moms the confidence to do the same!**

Keep this card or pass it on to the next mom you see breastfeeding in public.



www.TheNestLakeland.org

This card is sponsored by the lactation team at The Nest.

## **License to Breastfeed in Public - It's the Law in FLORIDA!**

Be It Enacted by the Legislature of the State of Florida:  
Section 1. The breastfeeding of a baby is an important and basic act of nurture which must be encouraged in the interests of maternal and child health and family values. A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be, irrespective of whether or not the nipple of the mother's breast is covered during or incidental to the breastfeeding.

House bill no. HB 231 Fl. ALS 4; 1993 Fla. Laws ch. 4; 1993 Fla. HB 231 Fla. Stat. § 383.015, § 800.02 - 800.04, § 847.001 (later: § 827.071)

If you are local and would like to have these cards laminated for durability, stop by our office during business hours and we'll be happy to do that for you!

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