

WELCOME BREASTFEEDING FAMILIES!

BE A BREASTFEEDING FRIENDLY PUBLIC SPACE IN SAINT PAUL AND RAMSEY COUNTY, MINNESOTA

WHY BREASTFEEDING/CHESTFEEDING?



Babies fed human milk receive protection against chronic diseases and acute infections – conditions like diabetes, cancer, and heart disease. The longer a baby breastfeeds, the stronger the protections. Breastfeeding parents gain significant health protections against certain cancers and heart disease the longer they breastfeed.

And yet, most families do not reach their feeding goals. They need support from their workplace, medical office, childcare provider, family and the community to continue to provide human milk beyond the first few weeks. This document will guide an organization through the process of welcoming and affirming breastfeeding/chestfeeding families. Using the term “chestfeeding” includes families where the parent does not self-identify as female. Using gender neutral language where possible is also more inclusive.

WHAT IS A BREASTFEEDING FRIENDLY PUBLIC SPACE?

An organization that follows Minnesota Statute section 145.905 *A mother may breastfeed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breastfeeding.*

The following must be in place to be recognized by Saint Paul - Ramsey County Public Health (SPRCPH):

- written guidelines or a policy for the organization outlining responsibilities and promises to breastfeeding families
- clear signage, such as the international breastfeeding symbol
- education for staff and volunteers about welcoming breastfeeding families
- a quiet corner for families and/or a private space for milk expression



FUNDING AND TECHNICAL ASSISTANCE

SPRCPH has 2 categories of funding assistance to help your organization create a welcoming environment. Both require a written policy or guidelines, education for staff and volunteers, and signage. These spaces must be in Ramsey County, Minnesota.

The Minnesota Breastfeeding Coalition is collaborating with SPRCPH to offer this funding for organizations committed to becoming Breastfeeding Friendly Public Spaces.

Please have your organization’s W-9 and an itemized list of expected expenses ready when completing the request for funding on the SPRCPH website.

- \$200 for a welcoming space, in which breastfeeding families are affirmed and there is a quieter, semi-private space available upon a family’s request.
- \$600 for an advocate, in which there is a private lactation space that is available to the public for breastfeeding or milk expression. This space may also be your employee’s lactation space.

GETTING STARTED

Contact Linda Kopecky, Breastfeeding Friendly Public Spaces Specialist, before September 30, 2019, to set up a site visit and apply for a mini grant: **720-999-7254** or kingecky@comcast.net

For more information or to access additional resources, visit www.ramseycounty.us/breastfeeding

