

But I'd be embarrassed!

Perhaps you feel uncomfortable with the idea of nursing your baby around others. Each mom has her own comfort zone. Here are some options for nursing within your comfort zone.

Breastfeed "under cover"

People don't have to see you nursing. You can put a light blanket over the baby. First try practicing in front of a mirror. If you can't see anything while the baby is nursing, neither can anyone else.



Breastfeed away from the crowd

If you don't feel comfortable nursing when others are around, excuse yourself. If at home, find a room you can use for some privacy. If out in public, you can usually find a dressing room or ladies lounge to get away or turn your back to the crowd.

Give baby a bottle

You can offer the baby a bottle of mom's milk or formula when you are out.

Nursing in public? The law is on YOUR side!

Pennsylvania Freedom to Breastfeed Act: Public Law 90 No28 CI35. A mother may breastfeed her child in any location, public or private. Breastfeeding in public is not indecent exposure!

Feelings can change

Your comfort zone with nursing will increase as your confidence builds. Find one or two friends who will support your decision. Even if you feel uneasy about nursing at first, feelings change with time and experience.



*Nursing mothers unite and take pride!
Breastfeeding is an accomplishment!*



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
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