

Whenever, Wherever

In Michigan, **you can breastfeed your child wherever you are.** No one can require you to cover up, leave, or use another room, such as the bathroom, to feed your child.

Michigan law says that “public nudity laws do not apply to a woman breastfeeding a child.”

Have you had a bad experience and want support?

Call the Nursing in Public Incident Reporting Hotline:
1-855-NIP-FREE

A volunteer from Bestforbabes.org will listen to your story and help you respond.

Breastfeeding Resources

Breastfeeding Class

Where: LCHD

When: 2nd Wednesday of each month, 4:30-5:30 p.m.

Who: Expectant mothers and support persons

Virtual: 4th Wednesday of each month, 11 a.m.- 12 p.m.



Find Us on Facebook at
www.facebook.com/myLCHD



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This institution is an equal opportunity provider.

Revised March 2023

Livingston County Welcomes Nursing Moms

Where You Live, Work, Learn, and Play



Know Your Rights!

Breastfeeding + Working

Section 7 of the Affordable Care Act, the Fair Labor Standards Act (FLSA), was amended to require employers to provide “reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child’s birth each time such employee has need to express the milk.”

Employers are also required to provide “a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express milk.”

What types of employers are covered by the law?

All such employers are subject to the FLSA break time requirement unless they have fewer than 50 employees and can demonstrate that compliance with the provision would impose an undue hardship.

Does the break time have to be paid break time?

Employers are not required under the FLSA to compensate nursing mothers for breaks taken to express milk. However, where employers already provide paid breaks, an employee who uses that break time to express milk must be paid in the same way that other employees are paid.

Do employers need to create a permanent, dedicated space for use by nursing employees?

No, a space temporarily created or converted into a space for expressing milk or made available when needed by the nursing mother is sufficient provided that the space is shielded from view and free from any intrusion.

If the only space available at a work site is a bathroom, can employers require employees to express breast milk there?

No, the statute specifically states that the space provided for employees to express breast milk cannot be a bathroom.

Headed back to work? You’re not on your own!

If you have questions about your break rights under the FLSA or if you would like to file a complaint, contact:

United States Department of Labor, Wage and Hour Division
1-866-487-9243

www.wagehour.dol.gov

All services are free and confidential, whether you are documented or not.

Have all pertinent information about the situation ready, such as your name, company’s name, manager’s name, etc.