

OUR LACTATION PROMISE TO EVERY FAMILY

[Practice / Office Name] — Breastfeeding · Chestfeeding · Human Milk Feeding

Every service in this policy is for every family. No one is denied lactation support here on the basis of race, color, ethnicity, national origin, immigration status, religion or creed, age, sex, pregnancy or lactation status, sexual orientation, gender identity, family structure, primary language, ability or disability, veteran or military status, or socio-economic status. We support the right of all parents to make informed decisions about infant feeding, and all of our staff will support you in your decisions. We protect chest/breastfeeding by allowing no formula advertising in our office, and we will support your family in achieving your own successes, whatever those may be.

Our Staff Is Trained for You

- Our providers are specially trained to support breastfeeding, chestfeeding, and human milk feeding — including inducing lactation, re-lactation, and feeding options for babies who join your family through adoption or surrogacy.
- A knowledgeable practitioner is available to advise you at home and help with any feeding challenges — you will always know who to contact, day or night.
- We actively work to reduce barriers that make it harder for families of color to provide human milk, and to ensure our lactation support reaches every family adequately.

We Educate and Support

- We encourage frequent, unrestricted feedings whenever your baby signals hunger, and keeping your baby near you so you can get to know each other.
- We will show you how to express milk by hand, store your milk safely, and use a breast pump — and we recommend avoiding bottles, artificial nipples, and pacifiers while your baby is learning to breastfeed.
- We support exclusive breastfeeding for about six months, then breastfeeding alongside other foods — and if supplementation is ever needed, we will discuss all the alternatives with you, including supplementing with your own expressed milk.

You Are Always Welcome

- Breastfeed anywhere in our office. Prefer privacy? Just ask any member of our staff.
- You will never be treated poorly, asked to stop nursing, asked to cover up, or asked to move.

We Connect You with Resources

- We provide contact details for parent support groups and community lactation services, and our full lactation policy is available for you to read on request.

For Our Lactating Employees

- All lactating employees have breaks to express milk or nurse, and a private, lockable space — never a bathroom — with an electrical outlet and hand hygiene.