

Local Breastfeeding Support Policy



A local policy can help create spaces where mothers feel comfortable breastfeeding and can continue for as long as they choose. A policy is simply a written statement that explains what an organization believes and how it plans to support those beliefs. Policies should be shaped to fit the needs of each site, so they are practical and easy to put into action and sustain. Each location can also choose how broad or detailed its policy should be based on its goals and the community it serves.

Strong policies usually include clear information about:

What actions will be taken

The specific steps the organization plans to put in place.

What resources are needed

People, time, space, materials, or support required to make the policy work.

How the policy will be put into action

A simple explanation of how the organization will carry out the steps and support staff along the way.

How the organization will make sure the policy is followed

How progress will be monitored and what happens if adjustments are needed.

Lactation Supportive Policy Ideas

Use whatever fits your organization best:

Create Supportive Spaces

- Provide a comfortable, private area for breastfeeding or pumping.
- Offer safe milk-storage options, such as access to a refrigerator or a designated cooler space.

Support Flexible Scheduling

- Allow flexible break times so mothers can breastfeed or pump when they need to.

Build a Supportive Culture

- Create a welcoming environment for breastfeeding employees, families, and community members.
- Display breastfeeding-friendly signs or information to show your commitment.

Communicate and Maintain the Policy

- Include the policy in new-staff materials so everyone knows what support is available so new staff know what support is available.
- Review and update the policy each year to make sure it continues to meet the needs of your community.