Speak Up

Report Form

Notes/Key Points:

• Speak Up Campaign
• The Law-empower women, use their voice and advocacy
  o Dept of Labor
    ▪ federal statute-wages and hours fact sheet, FAQ
    ▪ Links to answers to people’s questions
  o Employee to employer-I want to help you help me
  o Breastfeeding in Public-legal in MN
  o US Breastfeeding Coalition-guidance
  o Undocumented workers-federal/Mn law doesn’t apply
    ▪ May lead to dismissal from job
    ▪ Maybe they can find someone to advocate for them
    ▪ Need to understand environment and situation-may be vulnerable
  o William Mitchell School of Law-fact sheet
    ▪ Public Law Center
• Bus driver-going back to work
  o Pumping station at bus station
  o Will pump in her bus
• Moms need to be flexible/creative to find pumping time
• Right to breastfeed
  o Anywhere
  o What to do when conflict
  o Law enforcement-twin cities-will uphold the law
• Breastfeeding in public
  o Protect yourself-know your rights
  o Air travel and breastmilk-mothering magazine
• Respectful Breastfeeding
  o Breast can be exposed
  o Protect intent
• Airlines
  o Need to change perspective
  o Help breastfeeding mom not the complainer
  o Culture shift
  o Breast/sexuality vs function
• Breastfeeding is the norm-societal benefits vs 15 min “wasted” pumping in the office
• Know your baby-don’t let us tell you what to do, let your baby teach you-learn together
• Health Care and teachers-have problems getting pumping time
They take care of children, but don’t get time to care of own babies

- Not “a favor” it’s the law-employer/employee-thoughtful problem solving
- Confidence, preparation-what will mom say when given inaccurate info-be one step ahead

Links/Resources:

“Best Milk”

- Book about breastfeeding normal activity-mammals, buy in bulk