

Speak Up

Report Form

Notes/Key Points:

- Speak Up Campaign
- The Law-empower women, use their voice and advocacy
 - Dept of Labor
 - federal statute-wages and hours fact sheet, FAQ
 - Links to answers to people's questions
 - Employee to employer-I want to help you help me
 - Breastfeeding in Public-legal in MN
 - US Breastfeeding Coalition-guidance
 - 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
 - William Mitchell School of Law-fact sheet
 - Public Law Center
- Bus driver-going back to work
 - Pumping station at bus station
 - Will pump in her bus
- Moms need to be flexible/creative to find pumping time
- Right to breastfeed
 - Anywhere
 - What to do when conflict
 - Law enforcement-twin cities-will uphold the law
- Breastfeeding in public
 - Protect yourself-know your rights
 - Air travel and breastmilk-mothering magazine
- Respectful Breastfeeding
 - Breast can be exposed
 - Protect intent
- Airlines
 - Need to change perspective
 - Help breastfeeding mom not the complainer
 - Culture shift
 - 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