

Minnesota Breastfeeding Laws

Minnesota Statute 145.905 Location for Breastfeeding:

In Minnesota it's your *right* to breastfeed where and when your baby is hungry.

"A mother may breast-feed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breast-feeding."



Minnesota Statute 181.939 Nursing Mothers:

Minnesota law has provisions for mothers who nurse and work.

"An employer must provide reasonable unpaid break time each day to an employee who needs to express breast milk for her infant child. The break time must, if possible, run concurrently with any break time already provided to the employee. An employer is not required to provide break time under this section if to do so would unduly disrupt the operations of the employer.

The employer must make reasonable efforts to provide a room or other location, in close proximity to the work area, other than a toilet stall, where the employee can express her milk in privacy. The employer would be held harmless if reasonable effort has been made."

For the purposes of this section, "employer" means a person or entity that employs one or more employees and includes the state and its political subdivisions.

Online Resources

www.breastfeedingmadesimple.com

www.lalecheleague.org or www.llli.org

www.mnbreastfeedingcoalition.org

www.normalfed.com

www.womenshealth.gov/breastfeeding/

www.workandpump.com

www.toddwadenahealthyconnections.org

North Central Breastfeeding Network

Participating Members:

- Aitkin County Health and Human Services
- CentraCare Health System-Long Prairie
- Crow Wing County Community Services
- Cuyuna Regional Medical Center
- Essentia Health Brainerd/Baxter
- CHI-St. Gabriel's Health - Little Falls
- Lakewood Health System
- Morrison County Public Health
- Riverwood Healthcare Center
- Todd County Health and Human Services
- Todd Wadena Healthy Connections
- Tri-County Health Care
- Wadena County Public Health



*Nursing X3-311



North Central
Breastfeeding Network

Participating counties:
Aitkin, Crow Wing, Morrison, Todd and Wadena

Resource Guide



NCBN Mission Statement:

To promote and support a societal norm for breastfeeding through education, advocacy, and collaboration

Hospitals and Clinics

Breastfeeding Support Services available:

- Breastfeeding classes
- Prenatal Education
- Postpartum Follow-up Home Visits
- Certified Lactation Counselors
- International Board Certified Lactation Consultant* (IBCLC)

CentraCare Health System-Long Prairie

20 SE Ninth Street Long Prairie, MN 56347

www.centracare.com/local/longprairie

320-732-2141

Cuyuna Regional Medical Center*

320 East Main Street Crosby, MN 56441

www.cuyunamed.org

218-546-4350

IBCLC on staff

Essentia Health-St. Joseph's Hospital & Clinics*

523 North 3rd Street Brainerd, MN 56401

www.essentiahealth.org

855-710-2229

IBCLC on staff

Lakewood Health System*

49725 Co. Highway 83 Staples, MN 56479

www.lakewoodhealthsystem.com

800-525-1033

IBCLC on staff

Riverwood Healthcare Center

200 Bunker Hill Rd Aitken, MN 56431

www.riverwoodhealthcare.org

218-927-2121

CHI-St. Gabriel's Health

815 2nd Street SE Little Falls, MN 56345

www.stgabriels.com

hospital 320-632-5441 clinic 320-631-7000

Tri-County Health Care

415 Jefferson Street North Wadena, MN 56482

www.tchc.org

218-631-3510

Public Health

Breastfeeding Support Services available:

- Women, Infant, and Children Nutrition Program (WIC)
- Family Home Visiting prenatal and postpartum
- Certified Lactation Counselors

Aitkin County Health and Human Services

204 1st St NW Aitkin, MN 56431

218-927-7200

Crow Wing County Community Services

204 Laurel St. Suite 12 Brainerd, MN 56401-3588

218-824-1080

Morrison County Public Health

200 E Broadway, Little Falls, MN 56345

320-632-6664

Todd County Health and Human Services

212 2nd Ave S Long Prairie, MN 56347

320-732-4500

Wadena County Public Health

22 Dayton Ave SE Wadena, MN 56482

218-631-7629

Breastfeeding Supplies and Pumps

Please consult your medical insurance or provider about the availability of breast pumps.

Infant Feeding Support Lines

Essentia Health Brainerd/Baxter*

1-855-710-2229

Mon-Fri from 8 am- 4:30 pm.

Lakewood Health System*

1-218-894-8846

Available 24/7

Private Practice Lactation Consultants

Leah Jacobson IBCLC*

Naturally Nourished Baby

www.naturallynourishedbaby.com

218-545-8107

Stephanie Rodriguez-Moser IBCLC*

ibclc.rlc@gmail.com

Lactastic Services on Facebook

218-203-7321



Breastfeeding Support Groups

Breastfeeding Support Group

St. Gabriel's Health

320-631-7211

Meals on Heels

Call Stephanie at 218-894-8846

Lakewood Health System

Mom's Morning Out

Essentia Health

855-710-2229