

Minnesota Laws Protect Pregnant  
and Breastfeeding Parents



Women, Infants & Children Nutrition Program

**MN State WIC 1-800-657-3942**

*This institution is an equal opportunity provider.*

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<p style="text-align: center;"><b>Minnesota Statutes</b></p> <p style="text-align: center;"><b>Breastfeed - Anywhere, Anytime</b></p> <p>A mother may breastfeed in any location, public or private, where the mother and child are otherwise authorized to be. Breastfeeding is not considered indecent exposure. <i>See Minnesota Statute 145.905</i></p> <p style="text-align: center;"><b>Workplace support for breastfeeding women</b></p> <p>An employer must provide reasonable accommodations to pregnant employees including:</p> <ul style="list-style-type: none"> <li>• More frequent restroom, food, and water breaks</li> <li>• Seating</li> <li>• Limits on lifting more than 20 pounds</li> <li>• Other workplace change requests if advised by a health care provider or doula.</li> </ul> <p>An employer must provide break time daily to allow an employee to express milk for their infant. The space should be near the work area (not a bathroom or toilet stall), private, free from intrusion, and include access to an electrical outlet. <i>See Minnesota Statute 181.939 for important details</i></p>		<p style="text-align: center;"><b>Minnesota Statutes</b></p> <p style="text-align: center;"><b>Breastfeed - Anywhere, Anytime</b></p> <p>A mother may breastfeed in any location, public or private, where the mother and child are otherwise authorized to be. Breastfeeding is not considered indecent exposure. <i>See Minnesota Statute 145.905</i></p> <p style="text-align: center;"><b>Workplace support for breastfeeding women</b></p> <p>An employer must provide reasonable accommodations to pregnant employees including:</p> <ul style="list-style-type: none"> <li>• More frequent restroom, food, and water breaks</li> <li>• Seating</li> <li>• Limits on lifting more than 20 pounds</li> <li>• Other workplace change requests if advised by a health care provider or doula.</li> </ul> <p>An employer must provide break time daily to allow an employee to express milk for their infant. The space should be near the work area (not a bathroom or toilet stall), private, free from intrusion, and include access to an electrical outlet. <i>See Minnesota Statute 181.939 for important details</i></p>
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