



Washington State and Federal Breast and Chest Feeding Laws & Resources

Washington State Laws and Resources

In Washington:

- The act of breast or chest feeding or expressing human milk is not indecent exposure.
- There is freedom from discrimination and the right of a mother to breastfeed her child in any place of public resort, accommodation, assemblage, or amusement.

State Laws

- [WAC 110-300-0285 Infant and toddler nutrition and feeding](#): An early learning provider must have and follow written policies on providing, preparing, and storing breast milk or infant formula and food.
- [WAC 110-300-0281 Breast milk](#): When a parent or guardian provides breast milk, an early learning provider must follow the guidelines provided in the WAC.
- [RCW 43.70.640 Workplace breastfeeding policies—Infant-friendly designation](#). An employer may use the designation "infant friendly" on its promotional materials if the employer has an approved workplace breastfeeding policy (as described in the RCW).

Resources

The Department of Health's [Lactation, Breastfeeding, and Chestfeeding](#) section provides helpful resources, including:

- [State & Federal Laws](#)
- [Returning to Work & Lactation Accommodations](#)
- [Child Care & Expressed Milk](#)
- [Medications, Drugs, Herbs & Vitamins](#)
- [Vaccines, COVID-19, and Nursing](#)
- [Nursing & Infant Feeding During Emergencies](#)
- [LIFE Program](#)

The [Washington State Lactation Collaborative](#) offers Know Your Rights resources on the following topics:

- [Breastfeeding Laws](#)
- In the Community
- [Work and Breastfeeding](#)

Tribal Laws and Policies

Tribes are sovereign nations and have their own laws that govern their people and community.

- Federal and State laws do not have to be followed.

- Each tribe will develop their own protection policies and/or laws.

The [Native American Breastfeeding Coalition of Washington](#) is a resource for lactation support and community.

Protections for Students

The [Washington State Human Rights Commission](#) (WSHRC) enforces public accommodation and prevents discrimination related to breastfeeding. Find WSHRC resources at:

- [Guide to Breastfeeding & Washington State Non-Discrimination Laws](#)
- [Breastfeeding Wallet Card \(English\)](#)
- [Breastfeeding Wallet Card \(Spanish\)](#)

The [U.S. Department of Education](#) provides laws and rights information for lactating students.

- [Title IX Protects From Discrimination At School \(Know Your Rights\)](#)

The [National Women's Law Center](#) provides frequently asked questions (FAQ) and answers for lactating students.

- [FAQ: Breastfeeding Students](#) webpage
- [FAQ: Breastfeeding Students](#) flyer
 - **Question highlight:** Does my school have to let me breastfeed or pump breast milk on campus?
 - **FAQ Response:** Yes, Title IX says schools that get federal funding cannot discriminate, which includes pregnancy and all related conditions. If your college has students that get federal financial aid (such as Pell grants, Stafford loans, and Perkins loans), it is bound by Title IX. Breastfeeding is a condition related to pregnancy, so schools must find ways to help students who need to breastfeed or pump on campus.

Federal Laws

The [PUMP Act](#):

- Expands the right to break time and private space to nearly all workers.
- Make it possible for an employee to file a lawsuit against an employer that violates the law.
- Clarifies that pumping time counts as time worked.

The [Pregnant Workers Fairness Act](#) give workers the right to receive reasonable accommodation for pregnancy, childbirth recovery, and related medical conditions, including lactation.

The U.S Breastfeeding Committee's [PUMP Act Implementation Resources](#) webpage provides helpful resources for employees and employers.

For questions about this document, please contact wicbreastpumps@doh.wa.gov or the WA WIC Breast Pump SME at rachel.august@doh.wa.gov.

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