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Breastfeeding in Public

For many women, having a child brings on many new and very different priorities and rights. After having a child the woman must take care of them non stop every day, all day. They need changed every time they go to the bathroom and need fed every two hours. Every mother always hopes for some peace and quiet or some time to relax and get out of the house.

Sometimes getting out means taking the baby along and when the child needs fed the mother will have to breastfeed. This can seem uncivil to any bystanders walking by or in the vicinity and mothers often get disgusted looks or rude comments. This isn't right. **Women must be able to breastfeed their children in public because all human beings need to eat, breast milk provides necessary proteins and enzymes that fight health risk, and women have the right to be a mother.**

Breastfeeding has many different benefits for the baby. Babies require to be fed ten to twelve times a day (Kelly Bonyata, 1996). Breast milk provides many different types of protections. It protects against colds and the flu, as well as ear and respiratory infections, and finally pneumonia and diarrhea (ABC News, 2016). Breast milk contains enzymes and other proteins necessary for the child's growth and development. Breast milk provides long term protection from type I diabetes, celiac disease, and Crohn's disease. These are all very serious conditions that can happen to young children and have real effects on their lives. The risk of SIDS, also known as Sudden Infant Death Syndrome, can be reduced by around 50% just by

breastfeeding (fitPregnancy, 2016). Both the baby and the mother have better chances of not becoming obese from breastfeeding. Like helping with obesity, breastfeeding not only helps the child who is feeding, it also helps the mother as well. When a woman is lactating and pregnant she is able to absorb calcium, making her bones stronger and able to support carrying the child during her gestation period (fitPregnancy, 2016). A mother's breast milk contains twenty calories per ounce (fitPregnancy, 2016) so in turn a mother can burn calories just by breastfeeding her child. For example, breastfeeding twentyfive ounces a day means a mother would burn 500 calories which is the equivalent of a large fry from McDonald's (CalorieKing.com, 2016). After having the baby, breastfeeding causes the uterus to contract which helps it to heal faster and return to normal size. Breastfeeding even fights the chance of breast cancer (fitPregnancy, 2016). All of these benefits of breastfeeding are why women should be allowed to breastfeeding in public. Allowing them to openly breastfeed in public promotes breastfeeding which in return makes both the mother and child healthier. Breast milk supplements and formulas are not the best options for any child.

Baby formula can be harmful to any child being fed it. Formula and other breastmilk supplements do not contain the important necessities like proteins and enzymes made for babies, are mostly made up of sugars, oils, and proteins from cow's milk, soy, or wheat (Lactivist.com, 2016). A statistic shown on *Lactivist.com* states, **B**abies who use formula are 14 times more likely to be hospitalized in their first year. A baby's first year is very important for their growth and development. Babies using formula have an increased risk of respiratory illnesses, ear infections, and diarrhea. There have been studies of mortality and morbidity because of the use of Breastmilk substitutes (June Brady, 2012). Breast milk formula is very bad for children.

Women who can breastfeed in public will make the trend of breastfeeding grow. This will increase the amount of children saved from death and save even more families from heartbreak, and not to mention the babies will be much healthier. Women have the right to breastfeeding in public and not be judged.

Women have many different rights allowing them to breastfeed in public. Most states have no laws saying public breastfeeding is wrong or uncivil. 47 of the 50 states have no laws or restrictions on public breastfeeding (The Huffington Post, 2016). If women have the right why is it seen as not okay or uncivil to breastfeed in public. In a story on the *Huffington Post*, a woman was breastfeeding on a public airline flight. A flight attendant asked her husband if the two were together and after the husband answered yes he threw a blanket at him and said, “Here help her out”. The woman was outraged and promptly asked, “Help me out with what”. The attendant ignored her and eventually another passenger answered, “because you’re breastfeeding”. This made the woman feel very uncomfortable (The Huffington Post, 2016). Women should never be humiliated in public like this. Since there are no laws or very few laws in the United States of America about public breastfeeding, women should feel comfortable to breastfeed whenever they see fit with however much coverage they are comfortable with. Sadly not everyone feels this way.

Some people see public breastfeeding as something that should not exist. People often see breastfeeding as public indecency or nudity. This is where much of the controversy over breastfeeding happens. People seem to feel uncomfortable around a woman who has her breast uncovered. Some people think that there are certain places that breastfeeding should not be allowed, such as parks, restaurants, movie theaters, libraries, and mall or grocery stores. Women

who are not fully clothed are often thought of as slutty and sometime are called a whore in today's society. So women who are revealing themselves to breastfeed are often assimilated with these names. This can make the women breastfeeding self conscious of themselves leading to depression. All of these reasons do not mean public breastfeeding should be frowned upon or thought of as indecent.

What is the difference between someone wearing a shirt that shows cleavage or a bikini top. They expose their bodies more than a breastfeeding woman. Most women who breastfeed are covered or mostly covered by a blanket or a special kind of shirt made for breastfeeding. In the United States of America everyone has certain freedoms and rights. It is a woman's own choice on whether or not they breastfeed in public. It is their body and their child. Any woman can dress herself anyways that she likes. Breastfeeding is much healthier and safer than using formula. Breastfeeding prevents and protects against so much. When women can breastfeed in public without dirty looks and rude comments, it will help to promote breastfeeding.

Breastfeeding in public means that babies have a big chance at living a long, happy, healthy lives with their families.

Public breastfeeding is a very controversial issue. Women already have the right to breastfeed their children in public places, but they should not get called rude names, told harmful comments, or given dirty looks. It is the right of any mother to breastfeed her child so why are people denying them the right to do so in public places or on public transportation? Women need to breastfeed their children so often that they have to take them with them when they go out to the store or just to get out of the house. Picture a baby screaming and fussing because he's hungry. So the mother starts to breastfeed. Then a man comes up and start to tell her to cover up even

though she already is. It makes her feel very uncomfortable so she stops. So now the baby can't eat. This isn't okay because the baby can't feed himself. Making sure that women can breastfeed in public is necessary because of everything breastfeeding provides for women and nursing babies

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"B" Paper → B-

The writer strays minimally from a clear thesis, focus, or controlling idea.

The writer demonstrates a clear understanding of the assignment and its requirements.

The paper contains few lapses in unity, coherence and organization.

The details are relevant and develop ideas/information with some depth and vividness.

Most sources cited are credible, appropriate to the content, and formatted accurately.

The paper employs a tone that is usually reflective of its purpose and audience.

Some spelling, grammar, usage, mechanics, format, and/or documentation errors exist.

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