

**2019 HOUSE JUDICIARY**

**HB 1330**

# 2019 HOUSE STANDING COMMITTEE MINUTES

**Judiciary Committee**  
Prairie Room, State Capitol

HB 1330  
1/21/2019  
31154

☐ Subcommittee  
☐ Conference Committee

Committee Clerk: DeLores D. Shimek
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## Explanation or reason for introduction of bill/resolution:

Relating to breastfeeding; and to provide a penalty.

## Minutes:

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**Chairman K. Koppelman:** Opened the hearing on HB 1330.

**Rep. Dobervich:** Introduced the bill. Went over the bill. Where ever it said a person it has been changed to an individual to be in line with changes that legislative counsel is making. Section 2 has the biggest change. It describes the way in which a woman may feed her infant. The original language said if a woman acts in a discrete and modest manner; they are subjective and antiquated. Discussed fact woman feed their children in public and it is very rare that you even see a woman's flesh exposed. I think it is time ND respects our woman. It also makes it an infraction if a business that is open to the public refuses to allow a woman to feed her infant through breast feeding. Some woman who were being discrete were asked to leave public places. I would request this hearing be held open since everyone did not get the information on the meeting.

**Rep. Rick Becker:** How significant is Section 2 of the bill? This obviously does not allow the prohibition of breast feeding by a private business owner? It is hard for me to say we have to allow that when we look at where it says any location. If a private business owner were to try and set up an area to make a woman more comfortable; this doesn't even allow that.

**Rep. Dobervich:** Current law if you have a private business but it is open to the public it is illegal to not allow a woman to breast feed anywhere. The current law says any location public or private. There is no change to that. the change is that those phases stay, but the phase discrete and modest manner be taken out because that is subjective.

**Rep. Rick Becker:** We are changing it to an infraction. As a private business owner was trying to set up an area to be completely accommodating but someone says forget that I am going to breast feed where I chose. Then that business owner gets a \$1000 fine and spend 30 days in jail.

**Rep. Dobervich:** I believe the infraction part of it is important. Any of you eat in a bathroom?

When is the last time any of you have eaten in a bathroom or your kids?

**Rep. McWilliams:** In the indecent area there is no mention of breast. I have been witness of women not being very discrete. Does this bill preclude an establishment approaching a mother who may not being so discrete?

**Rep. Dobervich:** Under current law a woman can breast feed in discreet and modest manner anywhere in a business that is open to the public. This is meant to be discrete and modest. When we are uncomfortable with someone feeding their child it is one of the things that impedes women from breast feeding. I have never seen a woman intentionally exposing herself while breast feeding in public or private.

**Rep. McWilliams:** My question is to a business owner's right to request more modesty in that establishment.

**Rep. Dobervich:** If you have a private business and it is open to the public to come and you want a woman to breast in another area, I don't understand what you are asking.

**Vice Chairman Karls:** I nursed four children and I was discrete. Does the law also specify that you should cover the process? There should be a limit and modesty is a bad thing.

**Rep. Dobervich:** Women typically are discrete. Woman should not have to be told. That is why we don't need this language.

**Representative Simons:** When I have been in Honduras they are not modest. A Muslim establishment does have a different modesty standard. Are you suggesting that they would not be able to say this isn't acceptable in my privately owned business?

**Rep. Dobervich:** That is the way it is written now.

**Chairman K. Koppelman:** The intent was one of the things used to allowing this in any public place. Now you appropriately point out that is subjective and you are right. Most laws are subjective. Now you want to say it doesn't have to be discrete because it is a subjective idea. What do you think about a business having to do this? Is that so bad.

**Rep. Dobervich:** Breast feeding is about feeding infants when they need to eat.

**Chairman K. Koppelman:** You have talked about the natural nature of bodily functions, but there are a lot of natural bodily functions we don't do in public or we would approve of. Some of your arguments go too far.

**Rep. Dobervich:** You are getting at that subjectivity of this which does make it difficult.

**Chairman K. Koppelman:** Your concern is women who have been made to feel uncomfortable; and have been prohibited from doing this when the law says they can; have the business owners or whoever it was have they been notified that the law in ND says you are allowed to do this. What was their reaction and what do you think their future practice will be if they have been confronted with that and notified that the law allows this?

**Rep. Dobervich:** This popped out and I don't have my material with me for preparing for this.

**Chairman K. Koppelman:** Do you have a time certain when we should reschedule this?

**Rep. Dobervich:** I do not. It will take at least a week.

**Chairman K. Koppelman:** Maybe Wednesday afternoon. Let me know.

**Rep. Paur:** If there aren't limitations what about the; often you see in restaurant no shirt no shoes no service signs; they put limitation on what can happen in the restaurant. Should we make that an infraction also?

**Rep. Dobervich:** I leave it up to the committee to decide to make changes to the location or not.

**Karen Ehrens, Licensed Registered Dietitian:** (Attachment #1) Went over the testimony. (25:35-29:00)

**Willow Hall:** Certified Lactation Consultant: (Attachment #2) Read testimony. (30:00-34:39)

**Vallie Needham, Bismarck resident:** The bill is straight forward and I don't think subjective terms. I am concerned about the comments. We need to support mothers as they breast feed their mothers.

**Chairman K. Koppelman:** Were those death threat to report that to authorities.

**Alyse Erbele, Citizen:** I deal with mothers who have mental health issues. Discussed an issue that happened to her. I hate to see mothers harassed.

**Rep. Paur:** This bill wouldn't address mother's being harassed?

**Alyse Erbele:** That is what the penalty is for. We want to protect mothers.

**Sarah Woods:** I am a mother and business owner and I am concerned about taking out the wording that they say is subjective is I feel like the subjective wording is the only wording that protects me as a business owner. If I did because of a religious conviction or any kind of social conviction, I would want for my own legislative protection to be protected to say to me that is not a discrete manner. I see this taking this away freedom from a business owner prospective as well.

**Representative Jones:** Thank you for stepping forward. Do you that happening?

**Sarah Woods:** I wouldn't want my rights taken away just in case that could happen. I think we could fight this better as mothers and just ban that establishment altogether versus asking legislation to do that for me.

**Representative Simons:** Have you ever had any of these experiences what was earlier testified to? Have you ever been asked to quite breast feeding or felt uncomfortable?

**Sarah Woods:** No I haven't. I am not sure we should define discrete. I think that should be the choice of the woman and I think the business owner should have a choice as well.

**Vice Chairman Karls:** Have you noticed other business that have provided a room especially for nursing moms?

Opposition:

**Sarah Woods:** The current legislature already says I cannot force a person to go into a separate location. Some people would prefer not to and you don't want to leave I think you have every right even under the current legislation to breast feed your child right where you are.

Recess hearing.

# 2019 HOUSE STANDING COMMITTEE MINUTES

**Judiciary Committee**  
Prairie Room, State Capitol

HB 1330  
1/23/2019  
31357

☐ Subcommittee  
☐ Conference Committee

Committee Clerk: DeLores D. Shimek
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## **Explanation or reason for introduction of bill/resolution:**

Relating to breastfeeding; and to provide a penalty.

## **Minutes:**

1,2
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**Chairman Koppelman:** Reopened the hearing on HB 1330.

Support:

**Kimmie Needham: Citizen:** (Attachment #1) Read testimony. (1:35-8:42)

**Whitney Coleman, Certified Lactation Counselor, Register Nurse:** (Attachment #2) Read testimony. (9:12-14:46)

Opposition: None

Closed hearing.

# 2019 HOUSE STANDING COMMITTEE MINUTES

**Judiciary Committee**  
Prairie Room, State Capitol

HB 1330  
2/5/2019  
32233

☐ Subcommittee  
☐ Conference Committee

Committee Clerk: DeLores D. Shimek
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## **Explanation or reason for introduction of bill/resolution:**

Relating to breastfeeding; and to provide a penalty.

## **Minutes:**

**Chairman Koppelman:** Opened the meeting on HB 1330.

## **Do Not Pass Motion Made by Vice Chairman Karls; Seconded by Rep. Satrom**

Discussion:

**Rep. Hanson:** We heard overwhelming testimony in favor of this bill from the people it would affect. I think we should reconsider passing the bill.

**Rep. Roers Jones:** I understand the problem with the penalty related to it. If I had had the opportunity I would have amended it remove the penalty, but left the portion to removes the modest and discrete language. What is modest and discrete is subjective.

**Chairman K. Koppelman:** I did pull the legislative history and some of the testimony we received was misleading. We were told it was a bunch of men that did this. It was actually a female of the Senate committee that originally heard the bill and they attached the wording to the bill so when it came to the house ten years ago; I think there was some misinformation on that. I think the question of what is modest and discrete can interrupt that and depending on the place where this is occurring those discussions can be had as well.

**Rep. Paur:** On page 2 line 4 original bill the act of a woman discretely breast feeding your child is not a violation of this section. It strikes me odd that is even in there.

**Chairman K. Koppelman:** There are other descriptions in Century Code that might be included on what might be visible.

**Roll Call Vote:** 11 Yes 3 No 0 Absent **Carrier: Vice Chairman Karls**

Closed.

Date: 2-5-19  
Roll Call Vote #: /

2019 HOUSE STANDING COMMITTEE  
ROLL CALL VOTES 1330

House Judiciary Committee

☐ Subcommittee

Amendment LC# or Description: \_\_\_\_\_

Recommendation: ☐ Adopt Amendment  
☐ Do Pass ☒ Do Not Pass ☐ Without Committee Recommendation  
☐ As Amended ☐ Rerefer to Appropriations  
☐ Place on Consent Calendar

Other Actions: ☐ Reconsider ☐ \_\_\_\_\_

Motion Made By Rep. Karls Seconded By Rep. Satrom

Representatives	Yes	No	Representatives	Yes	No
Chairman Koppelman	✓		Rep. Buffalo		✓
Vice Chairman Karls	✓		Rep. Karla Rose Hanson		✓
Rep. Becker	✓				
Rep. Terry Jones	✓				
Rep. Magrum	✓				
Rep. McWilliams	✓				
Rep. B. Paulson	✓				
Rep. Paur	✓				
Rep. Roers Jones		✓			
Rep. Satrom	✓				
Rep. Simons	✓				
Rep. Vetter	✓				

Total (Yes) 11 No 3

Absent 0

Floor Assignment Rep. Karls

If the vote is on an amendment, briefly indicate intent:

**REPORT OF STANDING COMMITTEE**

**HB 1330: Judiciary Committee (Rep. K. Koppelman, Chairman)** recommends **DO NOT PASS** (11 YEAS, 3 NAYS, 0 ABSENT AND NOT VOTING). HB 1330 was placed on the Eleventh order on the calendar.

**2019 TESTIMONY**

**HB 1330**

Karen K. Ehrens, RD, LRD  
Testimony HB 1330  
January 21, 2019

#1  
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Jg1

Chair Koppelman and Members of the Judiciary Committee:

Good day. I am Karen Ehrens, a mother, a Licensed Registered Dietitian, and a person who works to reduce hunger in our state and our communities.

The idea for this bill was first launched in 2003. At that time my daughter was 5 years old. Today, she is 21 and is a thriving young woman. I have been at this process of change for a while because it is important. When she was an infant and I was breastfeeding, I was referred to use a breast pump in a janitor's room and a rest room. I even found refuge for expressing breast milk in a room at the Richardton Abbey. While I was breastfeeding, there were times I fed my daughter from the car, but it isn't comfortable with this kind of "dashboard dining." I felt many things while nursing my daughter in public 20 years ago: embarrassment and discomfort and disapproval about breastfeeding in public.

Breastfeeding benefits infants in numerous ways. In addition to providing optimal nutrition, breastfeeding decreases the risk of childhood obesity, guarantees safe, fresh milk, enhances the immune system, protects against infectious and non-infectious diseases, protects against allergies and intolerances, decreases risk of diarrhea and respiratory infections, increases cognitive function, reduces risk for heart disease, and increases bonding with mother.<sup>1</sup>

Breastfeeding benefits mothers' health by decreasing the risk of breast and ovarian cancer, decreasing the risk of developing Type 2 diabetes, improving blood sugar level in women who develop gestational diabetes, improving bone density and decreasing risk for hip fracture and strengthening the bond with the baby. Breastfeeding eliminates the need for preparing and mixing formula and saves money by not spending it on formula.<sup>1</sup> Breast milk is the first food; it's available in times of emergency and helps promote bonding.

**It's time** to update this legislation from 10 years ago, 2009. I was sitting in a committee room when the terms "discrete" and "modest" were added by a male committee member. The natural act of breastfeeding is not indecent or criminal or a nuisance.

My family asks that you support this legislation to send a message to the young families we are trying to keep in the state and the young professionals we are trying to attract to the state. Thank you for the opportunity to speak.

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Reference:

1. Position of the Academy of Nutrition and Dietetics: *Promoting and Supporting Breastfeeding*, Journal of the the Academy of Nutrition and Dietetics, 2015 (J Acad Nutr Diet. 2015;115:444-449).

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Good Afternoon Chairman Koppleman and committee members,

My name is Willow Hall and I am here to present testimony in regards to House Bill 1330, pertaining to the right to breastfeed.

I am here today in a few different roles. Professionally, I am a Certified Lactation Consultant (CLC) and I meet with moms often during the first hours, days and weeks of their breastfeeding relationships with their new baby. In that role I also run a Mom and Baby Peer to Peer support group that meets twice a month. I meet regularly with moms who have concerns with their baby's health, and help them coordinate care with different professionals if their situation calls for it.

I am also a Birth Doula trained by Doulas of North America or DONA, one of the largest certifying bodies of Doulas in the country.

Professionally I have counseled multiple women who are working with their babies dealing with a variety of different breastfeeding related concerns. Most of the time meeting with someone one on one who can give feedback and grow her confidence creates the foundation for that mom and baby to go on to have an amazing breastfeeding relationship that is fulfilling for both that mom and baby. We know that when mothers feel supported, educated, and protected breastfeeding rates continue to grow. This is a very important issue, as it plays a huge part in our public health goals and objectives.

The research surrounding breastfeeding is abundantly clear. The more we learn about the milk that mothers produce and long term health outcomes the more amazed we are at our ability as humans to protect and set up our young for life.

There is also substantial research that shows what conditions breastfeeding is most successful in. It requires 3 main factors. The population must be educated about the benefits of breastfeeding, and the parent must be supported in that decision, and those issues are primarily addressed through public health, and community resources. Before you today is a very important piece of the 3<sup>rd</sup> piece, which is the protection of nursing mothers.

And this leads into the last role that I come before you today in, which is as a mother. I have 4 children, aged 9, 7, 5 and 16 months, and if I did my math correctly I have breastfed for a total of 76 months and counting! I have experienced the best education and support available in our communities. I have personally benefitted from the excellent breastfeeding resources put together by the North Dakota Department of Health, and have had lots of peer and community support.

What I have not had is full protection for breastfeeding. I have been asked on 3 different occasions in public settings to cover up or to move while I was feeding my child. One of those times I was using a breastfeeding cover, and was in the hospital here in town of all places. There have been very few times in my entire life as humiliating, or as discouraging as the feelings of anxiety and nerves that come from a confrontation you didn't seek out or instigate. The wording in our law is so subjective that any mother

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at any time could be asked to move, or leave, or have to deal with harassment because she doesn't have the ability to determine what others envious "discreet or modest" breastfeeding to look like.

So I am here today as a professional, and as a mother myself to please repeal this ambiguous language that is in our law right now and protect mothers in our community by recommending a "Do Pass on HB1330. Thank you!

Willow Hall

Bismarck ND

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HB1330  
Kimberly Nedham  
831 ½ N 16th St  
Bismarck, ND 58501  
701-595-4615

Good afternoon, chairman Koppelman and members of the committee. My name is Kimmie Needham, and I live in district 30 here in Bismarck. I am a lifelong conservative and I am an avid supporter of President Trump. I am here today to ask for a DO PASS recommendation on HB 1330.

We know from scientific research that breast milk is by far the best food option for the health of an infant. According to the American Academy of Pediatrics, "Human milk provides virtually all the protein, sugar, and fat your baby needs to be healthy, and it also contains many substances that benefit your baby's immune system, including antibodies, immune factors, enzymes, and white blood cells. These substances protect your baby against a wide variety of diseases and infections not only while he is breastfeeding but in some cases long after he has weaned. Formula cannot offer this protection." That same article goes on to explain how breast milk can protect infants from multiple diseases and symptoms, including ear infections, vomiting, diarrhea, pneumonia, UTIs, allergies, leukemia, lymphoma, and type 1 and 2 diabetes; as well as having lower rates in childhood obesity (1). In addition to the vast health benefits of breast milk, the act of breastfeeding also has psychological benefits, including building a foundation of love and support in the relationship between mother and child and encouraging mothering instincts (2).

Since it is true that breastfeeding is absolutely the most healthy and psychologically beneficial way to feed an infant throughout the first years of their life, it is important that we, as a society, encourage mothers who want to make that choice for the benefit of their children. How do we do this? Simply put, we prioritize the needs of mothers of young children so that our public places will become a comfortable place for mothers to feed their children. This is the goal of HB 1330.

As was testified to you by several individuals on Monday, it is an undeniable fact that the terminology in question, "modest and discrete", is purely subjective language. Having grown up in a conservative Christian home where an emphasis was placed on modest apparel, I know first hand how vague this term can be. Even as I relied on only the opinion of my parents to form a guideline on what is and is not appropriate, the goal posts shifted endlessly. You would have a hard time finding a different situation when you look at society as a whole. Some feel that exposed ankles are uncomfortable and offensive, while others feel that daisy dukes are perfectly appropriate attire. Likewise, some feel that exposing one's shoulders is inappropriate, while others have absolutely no issues with strapless tops. If you look throughout history and different cultures, you'll find that there is not a single part of the body that doesn't spark a debate about what is modest and what is not. Breastfeeding is no different. As a woman, it is not my

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responsibility to dress or behave in such a way that conforms to every possible definition of the word "modest" or of the word "discrete". It is my responsibility to decide for myself which behaviors are acceptable and which are not. This is nobody's decision except each individual for themselves, and should not be legislated by any body of government. Please keep in mind that we are not talking about women exposing their bodies publicly for any sort of attention, sexual or otherwise. We are talking about stressed out, overtired mothers who have a responsibility to the health and wellbeing of their children providing sustenance for a young child.

With that in mind, I would like to take a moment to address some of the comments and concerns that were voiced during the previous hearing on HB 1330.

First, there were some concerns voiced regarding the rights of business owners. To put it in the clearest way I possibly can: under current North Dakota laws, business owners absolutely do not have the right to ask a woman to leave their establishment on account of breastfeeding. This bill would not take away anybody's rights, because the rights in question do not exist. This bill merely imposes a penalty on business owners who choose to infringe upon the right of a woman to breastfeed her child in a public area where she and the child otherwise have the right to be.

Second, there were many comments made by committee members who were concerned about a breastfeeding mother in a public place making another person uncomfortable. To that, my response is simple. I am a 5'4, 160 lb woman with the upper body strength of a baby. That means that the majority of the people in this room, especially the men, could easily beat me in a fight. I am acutely aware of this. That is why every time that I pass a man on the sidewalk while walking down the street, I'm almost guaranteed to feel some level of discomfort. Does this mean that men should be banned from walking on the street? Or should men be forced to walk on a sidewalk that I am not using? Or alternatively, should I, being the sole owner and the sole person who is responsible for my own emotions, deal with it and move on with my life? The obvious answer is that this is my problem, and not anybody else's, and therefore I should be the only person responsible for fixing or changing the problem. The same is true of breastfeeding. Nobody is doing another person harm by merely feeding their child in public. They simply are caring for a child. If you, or I, or anybody else reacts by feeling uncomfortable when they see a woman breastfeeding in public, it is solely the responsibility of the person doing the reacting and not the responsibility of the woman or the situation that they are reacting to. I believe that the way to judge a society is by how they treat their children, and I cannot fathom an appropriate reason to prioritize the comfort of adults, who have the power to walk away from an uncomfortable situation, over the needs of a baby, who is powerless to fend for themselves.

For these reasons, I ask you to support the mothers of young children in North Dakota communities by giving this bill a DO PASS recommendation.

Thank you for your time, and I will stand for questions.

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1. <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Benefits-Your-Babys-Immune-System.aspx>
2. <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Psychological-Benefits-of-Breastfeeding.aspx>

#2

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Good afternoon, my name is Whitney Coleman. My husband and I are business owners of Maximized Chiropractic: one of the largest pediatric and prenatal offices in the area. I am a Registered Nurse, Certified Lactation Counselor, mother of 2 (soon to be 3) exclusively breastfed children. I am FOR proposed bill HB 1330.

I encourage you all to consider whom this verbiage is written to support and protect. Is it the innocent, hungry baby and her mother who is trying her best to selflessly provide milk for her child? Or is it a grown adult, perfectly capable of respectfully looking in another direction to ease discomfort?

As a nurse and lactation counselor, I work to provide support to breastfeeding moms every single day. I've also spent most of the last 4 years personally breastfeeding my own children and I've come to know and appreciate the wonderful community of breastfeeding moms we've got here in Bismarck.

I believe for most, the numerous health benefits to infants are the chief reasons parents choose to breastfeed. Scientists are discovering new ways that human milk enhances an infant's health and development every year. Human milk contains disease-fighting antibodies and important immune properties. All infant feeding experts agree: human milk is our body's perfect design for feeding babies. It is uniquely suited to promote optimal infant growth and development. Breastmilk contains more than two hundred constituents: proteins, fats, carbohydrates, vitamins, minerals, trace metals, growth factors, hormones, enzymes, antibodies, white blood cells and more. And each one of these components is in ideal, perfect proportion to one another. Breastfeeding is perfect. A woman's body was designed to perfectly support her infant's growing body.

The AAP (in 2012) released that:

Breastfeeding is a natural and beneficial source of nutrition and provides the healthiest start for an infant. In addition to the nutritional benefits, breastfeeding promotes a unique and emotional connection between mother and baby. In the policy statement, "Breastfeeding and the Use of Human Milk," published in the March 2012 issue of Pediatrics (published online Feb. 27), the American Academy of Pediatrics (AAP) reaffirms its recommendation of exclusive breastfeeding for about the first six months of a baby's life, followed by breastfeeding in combination with the introduction of complementary foods until at least 12 months of age, and continuation of breastfeeding for as long as mutually desired by mother and baby.

This recommendation is supported by the health outcomes of exclusively breastfed infants and infants who never or only partially breastfed. Breastfeeding provides a protective effect against respiratory illnesses, ear infections, gastrointestinal diseases, and allergies including asthma, eczema and atopic dermatitis. The rate of sudden infant death syndrome (SIDS) is reduced by over a third in breastfed babies, and there is a 15 percent to 30 percent reduction in adolescent and adult obesity in breastfed vs. non-breastfed infants. Approximately 75 percent of newborn infants initiate breastfeeding. Hospital routines more and more attempt to accommodate the

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breastfeeding mother. Pediatricians promote the advantages of breastfeeding to mothers and infants, as well as the health risks of not breastfeeding. As such, choosing to breastfeed should be considered an investment in the short- and long-term health of the infant, rather than a lifestyle choice.

According to the CDC, infants who are breastfed have reduced risks of: asthma, obesity, type 2 diabetes, ear & respiratory infections, Sudden Infant death syndrome, gastrointestinal infections and necrotizing enterocolitis (NEC) in preterm infants. Breastfeeding can also help lower a mother's risk of high blood pressure, type 2 diabetes, ovarian cancer, and breast cancer.

*"Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby. We must do more to create supportive and safe environments for mothers who choose to breastfeed."*

Dr. Ruth Petersen, Director of CDC's Division of Nutrition, Physical Activity, and Obesity

*"Given the importance of breastfeeding on the health of mothers and children, it is critical that we take action to support breastfeeding. Only through the support of family, communities, clinicians, healthcare systems, and employers will we be able to make breastfeeding the easy choice."*

Dr. Jerome M. Adams, U.S. Surgeon General

I would love to assume that the merits of breastfeeding are widely recognized and enthusiastically promoted here in North Dakota. Surprisingly enough, North Dakota is the first state in the nation to have all our major airports and zoos providing a private space for breastfeeding and pumping moms. I've had the pleasure of using a few of these and it's absolutely wonderful and so appreciated. However, MOST public spaces do not provide such a convenient and secure space to breastfeed. For this very reason, we work to provide an experience that goes above and beyond for nursing moms in our business. We promote the normalization of breastfeeding by providing both private and more public space for nursing moms. We realize that planning your day around your baby's nursing schedule is unrealistic and sometimes nearly impossible. When a breastfed infant nurses anywhere between every 1 and 3 hours, you can imagine how difficult it may be to get your baby fed, changed, changed again, buckled into the car seat, in the car, to your appointment, to the grocery store, and back home before they're hungry again. For a new mom especially, this can feel really daunting. Speaking from experience, sometimes I would rather just stay home rather than try to plan it all out around where and when I'd be able to nurse my baby. Maternity leave, breastfeeding around the clock, a new baby, hormones, the feeling of isolation...it can

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really take a toll on a new mom, not to mention the prevalence of postpartum depression during this time.

More than likely, there's some legislators in the room whose wives, daughters, granddaughters, etc. have experienced breastfeeding their babies. You've probably heard their stories, both their successes and their struggles. Not all women have the luxury of just quickly and easily latching a baby. What about the mothers using a nipple shield to be able to nurse? Not only do they have to carry around an extra, clean accessory to be able to breastfeed, but they have to apply it (sometimes with multiple attempts) and then it may take their baby a few tries to latch, draw milk out, and successfully nurse. This is extremely frustrating and complicated. Now try adding a fussy, hungry baby, no privacy, aside from maybe a nursing cover. Using a nursing cover is very cumbersome and babies often don't allow it! I can understand their irritation. I wouldn't appreciate eating a meal under a blanket either.

I can vividly remember being with my 6-week-old daughter on the NY subway. It was the 4<sup>th</sup> of July and we had flown all day. We were trying to find a good spot to watch the fireworks. My daughter had been fussing for most of the commute and I knew she was starving at this point. I found a small rock in the park and attempted to 'discreetly' breastfeed her in the middle of a huge crowd. She was overtired and overstimulated from the day and refused to latch on my breast. Before long I became desperate with my screaming baby. We worked to rushed back to our hotel and, on the subway, I attempted to feed my screaming baby again. I was sweating bullets both from the heat and the anxiety. I am perfectly comfortable feeding my children any place I may need, however, I worried someone may make a hurtful remark. I had a single swaddle blanket for her and I had to wrap her in it to stop her thrashing. While she arched and pulled away from my chest, I had no choice but to allow my engorged, leaking breast be completely exposed in efforts to latch her once again. I meant no one any offense by exposing myself. Literally the ONLY thing on my mind was to feed and comfort my hungry, crying baby girl. That's it. Not a single person said a word to me. They simply made the choice to look in another direction and allow me to do what I needed to comfort my child, a mother's number one concern. One person may understand and accept my efforts while the next may find my breast exposure offensive. The priority is to do what is best for baby. What parent wouldn't want that for their child? Stories similar to mine happen every single day to moms like me here in North Dakota. This bill should absolutely be revised from the subjective wording to allow mothers to breastfeed anywhere, anytime.

Again, I encourage you all to consider whom this verbiage is written to support and protect. Is it the innocent, hungry baby and her mother who is trying her best to selflessly provide milk for her child? Or is it a grown adult, perfectly capable of respectfully looking in another direction to ease discomfort?

Thank you.