

Good morning,

My name is Amber Flynn and I am a resident in Grand Forks, ND. I write to you today in support of bill HB 1104. I am a mother of three children, Emma age 7, Eleanor age 5, and Joseph who is 12 weeks old. I have nursed all three of my children for various lengths of time. With all three of my children, I have attempted to be as discrete as possible, nursing in my vehicle instead of in a restaurant or store, attempting to find a private place, nursing in a bathroom stall or changing room, wearing clothing that wouldn't show much while I nursed, etc. However, sometimes, my child's schedule or fussiness did not allow for finding a more private setting or my outfit choice that day may have prevented me from being less discrete. Depending on the individual, it also may be hard to use a nursing cover. If you are sitting in a chair without armrest and you have to prop up your child, while covering them and ensuring proper placement of the breast to feed, a cover can be very uncomfortable and irritable for a baby and the mother.

I chose to breastfeed all three of my children because it was right for us. The milk is always the right temperature. It is sterile. It is natural. It has antibodies to keep my children healthy. There are many benefits of breastfeeding. At the end of the day, nursing one of my children keeps them healthy and alive and does no harm to any other person. It is natural.

What do you think happened in history long ago? No one worried about who was watching them or covering up. Nursing a child is a natural, non-sexual, act. If individuals have a problem with seeing a breast in public or are uncomfortable while a mother is nursing, that is more on them than it is the nursing mom and her child.

I urge you to protect the rights of mothers who choose and who are able to nurse their children in public. Trust me, we try to be as discrete as we can. But sometimes it's harder than others. Why should a mom feel shamed for protecting and feeding her child in public? And, why should a business get away with shaming or not allowing a mom to feed a hungry child? They shouldn't.

Thank you for your time.

~Amber Flynn