

Did You Know?

INDIANA BREASTFEEDING LAWS

- A woman may breastfeed her child anywhere the law allows her to be. Indiana Code 16-35-6 (2003)
- An employer with more than 25 employees (IC 22-2-14-1), must provide a private location other than a toilet stall, where an employee can express the employee's breast milk in private. (IC 22-2-14-2)
- The employer shall provide a refrigerator or other cold storage space for keeping milk that has been expressed; or allow the employee to provide the employee's own portable cold storage device for keeping milk that has been expressed until the end of the employee's work day. (IC 22-2-14-2)
- If a nursing employee is already entitled to paid break time, she may use that time for expressing breast milk. The break time must, if possible, run concurrently with any break time already provided to the employee. Otherwise, the time will be unpaid. (IC 5-10-6-2)

Need Help?

Community Breastfeeding Resources

Indiana Black Breastfeeding Coalition

(317) 434-4930

inblackbreastfeedingco@gmail.com

Indiana Breastfeeding Coalition

indianabreastfeeding.org

La Leche League

(317) 782-5082 ♦ <http://llofindiana.org>

Minority Health Coalition of Marion County

(317) 926-1170 ♦ www.myhealthmc.com

Marion County WIC Breastfeeding Support Line

(317) 221-7407

The Milk Bank

(317) 636-1670 ♦ www.themilkbank.org

Indiana Black Breastfeeding Coalition

"Changing the World One

Baby at a Time"

#Every Ounce Counts



Made possible with funding from the U.S.
Centers for Disease Control and Prevention.



1100 W. 42nd St., Suite 325
Indianapolis, IN 46208
(317) 926-1170



Breastfeed for your health!

LOCAL PLACES TO BREASTFEED YOUR BABY

Indianapolis & surrounding areas

Need to breastfeed your baby while you're away from home? These are just a few locations that provide safe and convenient breastfeeding facilities:

BANKERS LIFE FIELDHOUSE

125 S Pennsylvania St,
Indianapolis, IN 46204
317-917-2500

BLACKBURN WIC

2700 Dr. Martin Luther King, Jr. St.,
Indianapolis, IN 46208
317-931-4309

BUY BUY BABY

4030 E 82nd St., Indianapolis, IN 46250
317-845-0509

CHILDREN'S MUSEUM OF INDIANAPOLIS

3000 N Meridian St, Indianapolis, IN 46208
317-334-4000

CONNER PRAIRIE

13400 Allisonville Rd, Fishers, IN 46038
317-776-6000

COTTAGE CORNER WIC

1434 Shelby St, Indianapolis, IN 46203
317-655-3220

FOREST MANOR BREASTFEEDING CENTER

3840 North Sherman Drive
Indianapolis, IN 46226
317-221-7407

GRASSY CREEK WIC

9443 E. 38th St. Indianapolis, 46235
317-890-2130

GREENWOOD PARK MALL

1251 U.S. Hwy 31 N, Greenwood, IN 46142
317-888-4823

INDIANA CONVENTION CENTER

100 S Capitol Ave, Indianapolis, IN 46225
317-262-3400

INDIANA INTERCHURCH CENTER

1100 W. 42nd Street, 3rd Floor
Indianapolis, IN 46208
317-923-3617

INDIANA STATE FAIR

1202 E 38th St, Indianapolis, IN 46205
317-927-7500

INDIANAPOLIS COLTS TRAINING CENTER

7001 W 56th St.,
Indianapolis, IN 46254
317-297-2658

INDIANAPOLIS HEALTHY START

4087 Millersville Road,
Indianapolis, IN 46205
317-221-2317

INDIANAPOLIS INTL. AIRPORT

7800 Col. H. Weir Cook Memorial Dr.,
Indianapolis, IN 46241
317-487-7243

INDIANAPOLIS SYMPHONY ORCHESTRA

45 Monument Circle,
Indianapolis, IN 46204
317-262-1100

INDIANAPOLIS ZOO

1200 W Washington St.,
Indianapolis, IN 46222
317-630-2001

IUPUI

420 University Blvd.,
Indianapolis, IN 46202
317-274-5555

JOHN BONER NEIGHBORHOOD CENTERS

2236 E. 10th St.,
Indianapolis, IN 46201
317-633-8210

LA PLAZA

8902 E. 38th St.,
Indianapolis, IN 46226
317-890-3292

LUCAS OIL STADIUM

500 S Capitol Ave.,
Indianapolis, IN 46225
317-262-8600

MARTINDALE BRIGHTWOOD LIBRARY

2434 N. Sherman Dr.
Indianapolis, IN 46218
317-275-4310

MILK BANK OF INDIANAPOLIS

5060 E 62nd St., #128,
Indianapolis, IN 46220
317-536-1670

NEWFIELDS / INDIANAPOLIS MUSEUM OF ART

4000 N Michigan Rd.,
Indianapolis, IN 46208
317-923-1331

NORTH ARLINGTON WIC

2505 N. Arlington Ave.
Indianapolis, IN 46218
317-554-5288

PECAR WIC

6940 N. Michigan Road,
Indianapolis, IN 46208
317-221-7510

ROCKVILLE ROAD WIC

7830 Rockville Road,
Indianapolis, IN 46214
317-221-3270

SHADELAND STATION WIC

7155 Shadeland Station Way,
Ste 110, Indianapolis, IN 46256
317-221-7400

SOUTHSIDE WIC

7551 Shelby St.,
Indianapolis, IN 46227
317-221-5795

WEST 38TH ST. WIC

5155 W. 38th St., Suite 2220,
Indianapolis, IN 46227
317-880-0260

WESTSIDE WIC

2732 W. Michigan St.,
Indianapolis, IN 46222
317-554-4608

VICTORY FIELD

501 W Maryland St.,
Indianapolis, IN 46225
317-269-3542

Why Breastfeed?

*It's good for you
and your baby!*

"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*

Get more
info!

VISIT
MYHEALTHMC.COM

BENEFITS FOR INFANTS

Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type I diabetes
- Severe lower respiratory disease
- Acute otitis media (ear infections)
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/vomiting)
- Necrotizing enterocolitis (NEC)

BENEFITS FOR MOTHERS

Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer

CENTERS FOR DISEASE CONTROL AND PREVENTION

