



FACT SHEET

Breastfeeding/Chestfeeding and *The Human Rights Code*

Breast/Chestfeeding is protected under *The Human Rights Code* (“*The Code*”). *The Code* prohibits unreasonable discrimination on the basis of sex. “Sex” includes pregnancy, the possibility of pregnancy, or circumstances related to pregnancy, such as breast/chest feeding. Lactating and nursing persons and parents of all gender identities and gender expressions are also protected under *The Code*.

- Nursing parents have the right to breast/chestfeed their child in a public place, such as a swimming pool, restaurant, park, bus or shopping mall.
- Asking nursing parents to move or cover up is rarely supported by human rights law.
- Those who provide services to the public should have a clean, comfortable and somewhat private area available for nursing parents to breast/chestfeed, if requested.
- Employees who are lactating or nursing have the right to reasonable support from their employer so that they can continue breast/chestfeeding their child. Examples include flexibility with work breaks and providing cooled storage for breast/chest milk.

Know Your Code!

The Code is the provincial human rights law that protects individuals and groups in Manitoba from discrimination. It is administered by the Manitoba Human Rights Commission. There is no cost for filing a human rights complaint or for seeking advice about a human rights concern. *The Code* has special status over all other laws of the Province of Manitoba.

This information is a simplified explanation of provisions under *The Code*. For more information, please see *The Code* or contact the Manitoba Human Rights Commission.

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