

SUPPORT



Vote YES on SB 3503

Lactation Rooms In County Courthouses

Sponsor: Cassidy-Stuart-Harper-Greenwood-Conyears Ervin-Fine-Wallace-Williams-Zalewski-DeLuca-Conroy-Yingling-Currie-Harris-Ammons-Flowers

What Does SB 3503 Do?

It ensures that nursing parents have access to a clean, private space to pump breast milk in all Illinois state trial courthouses.

✓ SB 3503 would require courthouses to make a lactation room or area available for pumping.

The lactation room or area must be equipped with a chair, a table, and an outlet.

- Most breast pumps require a power source, and toilet stalls rarely include outlets.

The private room or area cannot be a restroom or toilet stall. **Why can't nursing parents pump in courthouse bathrooms?**

- Breast milk is food for babies.
- Pumping in a toilet stall risks contamination of breast milk.

Is SB 3503 Cost Prohibitive?

No. SB 3503 is not cost prohibitive.

Renovation is NOT required.

- An unused room can become a court's lactation room.
- Rooms used for other purposes can be designated lactation room(s) if they are vacated and made available to nursing parents as needed.
- Partitions can convert open space into a private "lactation area."

Why Do We Need SB 3503?

SB 3503 fills a gap in Illinois law.

- Laws requiring employers to accommodate employees who need to pump breast milk at work do not help nursing parents who spend long hours in courthouses but are not employed by the court.
- The law allowing women to breastfeed their babies in public does not help nursing parents who need access to a space suitable for pumping breast milk.
- SB 3503 is consistent with the 2015 law requiring lactation rooms at Illinois airports.

SB 3503 promotes everyone's right to access the courts.

Nursing parents should not be blocked from serving as attorneys, jurors, and witnesses in Illinois citizens' civil and criminal proceedings.

No woman should be forced to choose between civic engagement and breastfeeding her baby.

- Nursing parents cannot leave home without their infants unless they have a clean, private place to pump as their schedule requires. Failure to breastfeed or pump every several hours puts them at risk for painful milk duct infections that can make future breastfeeding difficult or impossible.

PUMPING 101

WHY PUMP? Feeding babies breast milk during their first year of life is recommended by the American Academy of Pediatrics and many other medical and public health organizations. Doing so requires nursing parents to pump breast milk when they return to work or other commitments outside the home.

HOW OFTEN? Infants must breastfeed about every two hours when they're young, and about every four hours when they're 6-12 months. This varies from person to person. When a breastfeeding parent cannot nurse their baby (for example, during the work day), they must "express" the milk that has accumulated in their breasts at approximately the same time the baby would have nursed.

WHY CAN'T IT WAIT? Milk ducts cannot hold enough milk for multiple meals, so it is not physically possible to just "hold it" all day, then express a large amount of breastmilk in the evening. Attempting to wait harms breastfeeding parents and their infants.

THE HARM OF WAITING:

- **Embarrassment & pain:** When a nursing parent cannot empty their breasts with a pump, their breasts will begin to leak, and their clothing will become wet with leaking breastmilk. The pressure of the overfilled milk ducts will cause breast pain.
- **Infant hunger & reduced milk-supply:** Failure to pump on schedule decreases that day's total milk production, which means there might not be enough milk for the baby to eat. Repeated delays in pumping decrease the amount of breastmilk a parent can produce overall, since milk production is triggered by emptying the breasts.
- **Risk of painful medical conditions:** Allowing the milk ducts to become blocked with unused milk can lead to an infection (mastitis) that causes pain and flu-like symptoms in as many as 1-in-10 breastfeeding women, and when untreated can lead to a breast abscess. Blocked milk ducts can also lead to breast cysts (galactoceles). These conditions can require medical and surgical intervention.

Supporting Organizations

ACLU of Illinois
AIDS Foundation of Chicago
American Association of University Women
Breastfeed Chicago
Chicago Appleseed Fund for Justice
Chicago Council of Lawyers
Illinois Academy of Family Physicians
Illinois Caucus for Adolescent Health
Illinois Chapter of the American Academy of Pediatrics
Illinois Family Institute
Illinois National Organization of Women
Illinois Religious Coalition for Reproductive Choice
Illinois Section of the American College of Obstetricians and Gynecologists
Illinois Trial Lawyers Association
League of Women Voters of Illinois
March of Dimes
Midwest Access Coalition
Mujeres Latinas en Accion
Ounce of Prevention Fund
Sargent Shriver National Center on Poverty Law
Women Employed