

## breastfeeding laws

### North Dakota State Law

In 2009, the North Dakota Legislature passed legislation to protect a woman's right to breastfeed her child in any location, public or private, where the woman and child are otherwise authorized to be. This legislation also established an "infant-friendly" designation for workplaces that adopt breastfeeding support policies.



To view the the legislation of  
*ND Century Code 23-12-16, 17*

### United States Federal Law

Under the Fair Labor Standards Act (FLSA), most nursing employees have the right to reasonable break time and a place, other than a bathroom, that is shielded from view to express breast milk while at work. This right is available for up to one year after the child's birth.

Beginning April 28, 2023, an employer who violates an employee's right to reasonable break time and space to pump breast milk will be liable for appropriate legal or equitable remedies under the FLSA.



To learn more about the  
federal law from the  
Department of Labor

## about us

We are the **James River Valley Breastfeeding Coalition (JRVBC)** and we are a group of professionals who serve Jamestown, ND area families as advocates to protect, promote, and support breastfeeding.

contact:

[jrvbreastfeeding@outlook.com](mailto:jrvbreastfeeding@outlook.com)



@JRVBreastfeeding



## jamestown area BREASTFEEDING RESOURCE GUIDE



To view up-to-date  
resources from JRVBC and  
recommended breastfeeding  
educational web sources

resources | education | advocacy | support

## certified lactation counselors (clc) and specialists (cls)

### JRMC Clinic

**Makenzie Breitbach, NP, CLC**  
**Mercede Fiebiger, RN, CLC**

Lactation clinic visits for mothers and families. Appointments include feeding assessments and breastfeeding assistance.

*To schedule:* Call JRMC clinic (701-952-4878)  
*Hours:* 8:00am-4pm (M-F)  
*Cost:* Varies. Billed through medical insurance.

### Central Valley Health District

**Jill Wald, CLC**  
**Shannon Klatt, CLC**

Assistance for breastfeeding moms including lactation and feeding consults, weighed feeds, and breast pump flange sizing.

*To schedule:* Call CVHD (701-252-8130)  
*Hours:* Based on CLC availability.  
*Cost:* Free

### Healthy Families ND

**Sarah Kramer, CLS**

Home visitation program for families prenatally through early childhood, including breastfeeding support.

*To schedule:* Call/text (701-997-7046) -or-  
Email (healthyfamilies@uspirend.org)  
*Cost:* Free

### JRMC Family BirthPlace

Free breastfeeding assistance and weighed feeds with a lactation counselor are available at the Family BirthPlace by calling 952-4807.

## oral function specialists

If you have concerns regarding your baby's oral function (oral ties, feeding difficulties, etc.) :

**Start:** *Express concern with your baby's primary care provider who may refer you to a local specialist listed below for an oral function assessment.*

#### T&K Pediatric Services

In-home screenings, education & support available.  
*Contact:* Call (701-252-6066)

#### Anne Carlsen Early Intervention

In-home screenings and support available.  
*Contact:* Call (701-952-3500)

#### Chatter Pediatric Services

Screenings, education and support available.  
*Contact:* Call (701-269-1070)

*All listed local specialists offer free oral function screenings*

## local support and education

### JRMC Breastfeeding Class

A one-session class offered the first Monday of every other month from 6:30-9pm. The class includes information on the benefits of breastfeeding, the lactation process, demonstration on proper positioning and latch-on techniques, nutritional information and plenty of opportunity for Q&As.

*To register:* [bit.ly/jrbc-birthplace](https://bit.ly/jrbc-birthplace)  
*Cost:* Free

### APEX Physical Therapy Care for Breastfeeding Conditions

**Kennedy Conzemius, PT, DPT**

Treatment by a trained professional to assist in relieving breastfeeding conditions, such as mastitis or clogged ducts. No referral needed.

*To schedule:* Call APEX (701-952-2739)  
*Cost:* Varies. Billed through medical insurance.

### JRVBC Breastfeeding Support Group

*All are welcome to attend our free quarterly mom-to-mom breastfeeding support group! Lactation counselors and other support professionals may be present. Date, time, and location may vary. Visit the James River Valley Breastfeeding Coalition social media pages for more info.*



@JRVBreastfeeding