



## **Handling a Nursing in Public Harassment Incident Without a Local Task Force**

1. If you leave feeling defeated, harassed, and/or discriminated against, we suggest that you write out and document your whole story in your own words.
2. Contact the business's HR manager, owner, director, and/or manager depending on the structure of the business. You can use our template and ask for a few things: a written apology for the discrimination you felt, you can offer to assist the business in writing NIP-friendly policy into their employee handbooks and offer to assist in training their staff. You can give them a week to respond; If you haven't heard back from anyone within a week, call again or send another email.
3. Postpone any nurse-in plans: If you have reached out to your local breastfeeding community, you should ask that they postpone plans for a nurse-in, and be very transparent with them. You would want to tell them that you are trying to educate the business, get their side of the story, find out how you can facilitate learning and education on a wider scale.
4. If the business is responsive, you then might want to meet with your contact at the business; you can go through the steps of educating their staff with your state's breastfeeding law (found here: [www.breastfeedinglaw.com](http://www.breastfeedinglaw.com) ), and help them to make a policy to be NIP-friendly while ensuring other mamas are not discriminated against, as you were. You can request a letter of apology or a public apology and then you can put the word out to your community about what a positive and peaceful resolution looks like, possibly even asking your breastfeeding community to frequent this place of business as a way to thank them for continuing to support breastfeeding mothers.
5. If the business is not responsive, you can post a brief write up on your experience in your own words and share on social media (the business's Facebook page, Twitter, Instagram, etc.) and give the business a little bit of pressure, telling them that "I'm not joking. Discrimination against breastfeeding mothers is against the law and there are moms that will rally behind me and with me to stage a nurse-in." Post in your local breastfeeding group about your plan for a nurse-in and ask for support.
6. If the business is unresponsive, you can call the main contact at the business to inform about the pending nurse-in.
7. If the business is unresponsive after the phone call, you can organize a peaceful nurse-in. You will ask your local nursing moms to have a peaceful nurse-in, basically to say to the business: "We've tried everything. We're not getting your attention. This needs to be fixed. This mom feels disempowered and discriminated against and that's not okay."