

mamava® + medela

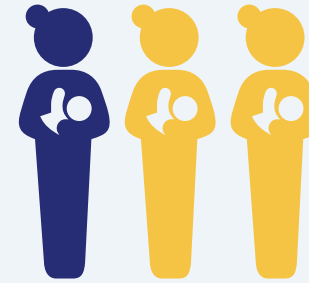
2023 State of Breastfeeding Survey

We asked more than 15,000 breastfeeding parents about their experiences, workplaces, and challenges.

Here's what we learned

1 in 3

lack reliable access to a workplace lactation space



1 in 2 parents are unsure about their workplace lactation rights

Working mothers are the majority

77%

work full time or part time

Only

15%

fully agree

that public places are supportive of breastfeeding

Where do parents find breastfeeding information?

- 58% Internet or AI tools
- 53% Social media
- 53% A lactation consultant
- 52% Friends and family
- 35% Breastfeeding apps
- 31% My pediatrician

Pumping breast milk is full of logistical challenges

Here's what parents said was hard:

- 61% The logistics of pumping (e.g. packing, set-up, cleaning the parts)
- 53% Finding a place to pump or nurse on the go
- 47% Lack of time during the day for pumping breaks
- 24% Lack of a lactation space at work
- 17% Lack of support from my partner and/or family

Most breastfeeding parents pump

I feed/fed my baby:

49% at the breast + pumped breast milk

16% exclusively pumped breast milk

19% exclusively from the breast

16% breast milk + formula