

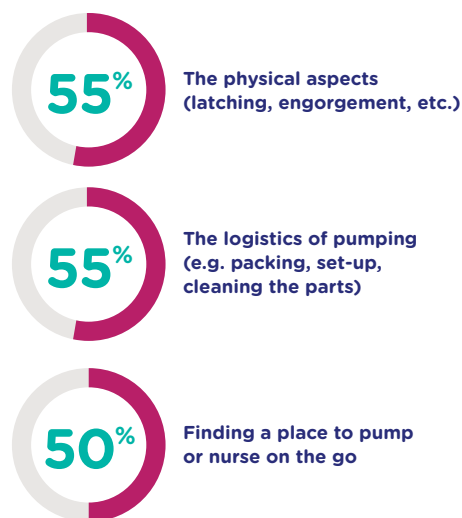
2025 State of Breastfeeding Survey

We asked ~3,000 breastfeeding parents about their experiences, workplaces, and challenges.

Here's what we learned.

Breastfeeding is hard, but pumping adds extra challenges.

Here are the top three things parents said were hard:



Working mothers are the majority

3 out of 4

breastfeeding parents work either full time or part time

Only **44%** feel supported at work

Most breastfeeding parents also pump

I feed/fed my baby:

At the breast + pumped breast milk	51%
Exclusively from the breast	22%
Breast milk + formula	16%
Exclusively pumped breast milk	11%

Only **55%** of parents know about the PUMP Act

Public spaces need to level up lactation infrastructure

81% of parents have pumped or nursed in their car
55% don't feel supported in public places
2 out of 3 are more likely to visit a public place with a lactation space

1 in 3 lack reliable access to a workplace lactation space