mamava + medela 🌾 20 State of Breastfeeding **25** 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:

The physical aspects (latching, engorgement, etc.)

The logistics of pumping (e.g. packing, set-up, cleaning the parts)

Finding a place to pump or nurse on the go

Working mothers are the majority

breastfeeding parents

work either full time or part time

Most breastfeeding parents also pump | feed/fed my baby:

At the breast + pumped breast milk	51 [%]
Exclusively from the breast	?? %
Breast milk + formula	16*
Exclusively pumped breast milk	11%

Only 555% 555% 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

5% don't feel supported in public places

out **3** are more likely to visit a public place with a lactation space Only feel supported at work

> lack reliable access to a workplace lactation space

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