

2026 State of Breastfeeding Survey

We surveyed nearly 2,500 U.S. breastfeeding parents about their feeding journeys, workplace experiences, and biggest challenges.

Here's what we learned.

Breastfeeding parents are working parents

78% work full- or part-time

Only 44% feel supported at work

1 in 3 lack reliable access to a workplace lactation space

46% are unsure about or unaware of the federal PUMP Act

KEY TAKEAWAY:

More than 70% of breastfeeding parents pump in some capacity.

Most breastfeeding parents also pump

How parents feed their babies:

At the breast + pumped breast milk 45%

Exclusively at the breast 27%

Breast milk + supplement with formula 16%

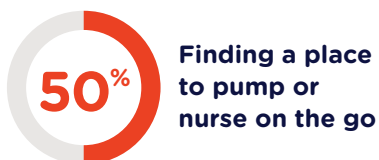
Exclusively pumped breast milk 12%

KEY TAKEAWAY:

Logistical barriers rival physical breastfeeding challenges.

The challenge isn't motivation—it's logistics.

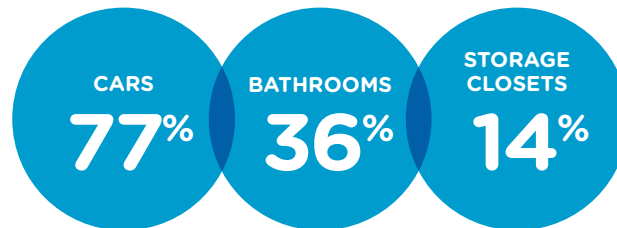
Top breastfeeding challenges:



KEY TAKEAWAY:

Lactation spaces remain far from universal.

It's 2026 and parents are still pumping in:



KEY TAKEAWAY:

Legal protections alone aren't enough—many parents still lack access to lactation spaces and don't fully understand their workplace rights.

Lactation spaces influence where families go

88% are more likely to visit a public place that offers a lactation space

KEY TAKEAWAY:

Access to lactation spaces can influence consumer behavior.