The primary goal behind breastfeeding laws are to support breastfeeding families and improve the health of Coloradans by reducing barriers to increase breastfeeding duration and exclusivity rates.

**Workplace Accommodations for Nursing Mothers Act**
The Colorado law (8-13.5-104) requires all employers (businesses with one or more employees) to:
- Provide reasonable unpaid break time, or allow an employee to use paid break and/or meal time, each day to express breast milk for their nursing child up to 2 years after the child’s birth;
- Make reasonable efforts to provide a private location in close proximity to the work area (other than a toilet stall) where an employee can go to express breast milk; and
- Not discriminate against the employee for expressing breast milk in the workplace.

**Breastfeeding in Public**
The Colorado law (C.R.S. 25-6-302) states:
A mother may breastfeed in any place she has a right to be.

**Postponement of Jury Service for a Person Who is Breastfeeding a Child Act**
The Colorado law (13-71-119.5) states:
A person who is breastfeeding a child is eligible for up to two 12-month postponements of jury service.
Note: The judge or jury commissioner may request a physician’s note or medical statement in support of the postponement.

**Pregnancy Workers Fairness Act**
The Colorado law (C.R.S. 24-34-402) requires all employers to:
- Provide reasonable accommodations to employees’ and applicants’ work schedule and duties for health conditions related to pregnancy, recovery from childbirth or a related condition, so the employee can continue to perform the essential functions of the job, if requested by the employee or applicant (not required).
- Must work with employees in a timely manner to determine the best and most reasonable accommodations.
- Not deny employment opportunities or discriminate against an employee who requests or uses a reasonable accommodation.
Note: The employer may require a note from the employee’s healthcare provider.