

Breastfeeding and returning to work or study



This leaflet provides information on breastfeeding
out and about

USEFUL CONTACTS

www.hertsdirect.org/breastfeeding

National Breastfeeding Helpline 0300 100 0212

National Childbirth Trust 0300 330 0771

Breastfeeding Network Support line 0300 100 0210

Association of Breastfeeding Mothers Helpline 03003305453

La Leche League 0845 120 2918

The Breastfeeding Network Support line in Bengali/Sylheti 0300 456 2421

Created by the Infant feeding Coordinators for
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Talk to your health visitor about a plan that meets your needs .

You don't have to stop breastfeeding because you are returning to work

Going back to work may be the first time you and your baby have been separated. This can be a difficult time. Continuing to breastfeed helps maintains a close relationship and provides your baby with on going protection that helps to reduce infections and other illnesses..

How do I continue to breastfeed once I have returned to work ?

There are various ways you can continue to breastfeed your baby when you have returned to work :

- If there is a work place nursery or child care facilities near to work you may be able to breastfeed during the day
- Breastfeed at home and express by hand or using a pump .Your baby's carer can give your baby your milk.
- You can express your milk at work .Talk to your employer about where you can express and store your milk.

Remember employers have certain obligations towards breastfeeding women .If you require further information please contact Maternity Action.

- You can combine breastfeeding with the introduction of other foods/fluids.

For further information on expressing and storing your milk ,please ask your health visitor for a leaflet.

Need further help ?

Please visit the following sites for further information :

Department of Health

Breastfeeding and Work booklet (PDF)

www.healthystart.nhs.uk

Maternity Action : A charity committed to ending inequality and promote the health and well being of all pregnant women ,their partners and children from before conception through to the child's early years.www.maternityaction.org.uk Telephone : 0845 600 8533

The Health and Safety Executive (HSE)

HSE's job is to protect against risks to health or safety arising out of work activities.

Unicef Baby Friendly initiative

<http://www.unicef.org.uk/BabyFriendly/Parents/Resources/AudioVideo/Public-breastfeeding/>

External sites which also provide information :

La Leche League

The Association of Breastfeeding Mothers

The Breastfeeding Network

The National Child Birth Trust

References

Maternity Action www.maternityaction.org.uk

Start4Life 2013 www.nhs.uk/start4life

UNICEF The Baby Friendly Initiative : unicef.org.uk/babyfriendly

UNICEF UK Baby friendly Initiative((2012)Guide to the Baby Friendly