



# Breastfeeding & Returning to Work

tips from mums

**Women make up nearly half the workforce in the UK and more than 80% of those women will become mothers during their working life**

**There are many benefits of continuing to breastfeed when you return to work**

*"Breastfeeding at the end of the day was an amazing way to re-connect with my baby after a long day at work"*

**Breastfed babies have a 23% lower incidence of ear infections than those that receive no breast milk\***

*"My baby didn't get all the sickness bugs that were going around nursery and I didn't have to take as much time off work"*

Don't forget to have a frank discussion with your employer about your needs as a breastfeeding mum before returning to work. Some work situations can be more challenging when breastfeeding so put your heads together and have a think about what might work for you.

*"I used whichever room was available when I expressed my milk so I chose a pump with a battery pack making it easier to be mobile"*

**Employers are required by law to provide a breastfeeding mother a place to rest\***

*"To save time I purchased 2 kits for my pump so I didn't have to wash a kit at work"*

*"I had a job where I worked alone and found it hard to leave the shop floor so I arrived 15 minutes early and left 15 minutes late so I could express"*

Think about how you will manage your day when back at work so you can plan ahead. Where is baby going to be? How is baby going to be fed? How are you going to get your milk from work to home?

*"Having a picture or video of baby on my phone to look at when expressing really helped my milk to flow"*

**Studies show that using an electric pump in addition to massage and hand expression can result in 48% more milk collected\***

*"I chose a nursery close to work so I could nurse at drop off and pick up. I also packed lunch and visited baby during my break so I really didn't need to express"*

[www.kentbabymatters.org](http://www.kentbabymatters.org)

\*Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries Agency for Healthcare Research and Quality (US); 2007. Report No.07-E007

\* [www.maternityaction.org.uk](http://www.maternityaction.org.uk)

\* Combining hand techniques with electric pumping increases milk production in mothers of preterm infants. J Perinatol. 2009 Nov;29(11):757-64

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**Sure Start Children's Centres**

