

# Supporting your Employees to continue Breastfeeding when returning to work...

Returning to work is a common reason why women STOP breastfeeding earlier than they would have liked. BUT... with a little support from their employers, families often find it beneficial to continue breastfeeding...

Welcome  
Back

1. Why would supporting breastfeeding benefit your workplace?

2. How can you prepare for your employee's return?



3. Temporary adaptations you could offer?



4. How long would we need to offer adaptations?

5. Benefits to your business



For answers to all of these questions, look at our factsheet available on [nland.cc/feeding](http://nland.cc/feeding) or SCAN the QR code on the right

For more information please contact our Family Hub Infant Feeding Coordinator, **Amy Berry 07729 080 263**  
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# Supporting your Employees to continue Breastfeeding when returning to work...

Returning to work is a common reason why women STOP breastfeeding earlier than they would have liked. BUT... with a little support from their employers, families often find it beneficial to continue breastfeeding...



## Why would supporting breastfeeding benefit your workplace?

- Reduced absences - Babies & Children are less likely to get common childhood illnesses, such as ear infections, respiratory infections and gastroenteritis, leading to reduced staff absence.
- It could support your employee's mental wellbeing and also reduces the risks of illnesses in your employee as well.

## How can you prepare for your employee's return?

- Have a compassionate conversation about what they wish to do when they return and consider any adaptations that may need to be made.
- Carry out a risk assessment
- Make a private & hygienic (not the toilet) space available if they would like to express at work
- Provide a fridge or section of fridge to store their expressed milk safely



## What temporary adaptations you could offer?

- Shorter working days or more paid breaks
- Breaks to express milk
- your employee could breastfeed their child wherever they are being cared for or at your place of work, if appropriate

## How long would we need to offer adaptations?

The World Health Organisation (WHO) recommend breastfeeding for up to two years and beyond, so it's not possible to give a definitive answer, however as children grow they tend to eat more and need breastfeeds less. So, it is likely that the need to express will lessen as time goes on.



## Benefits to your business

- Reduced staff absence
- Higher staff morale when returning to work
- Another benefit you can offer to encourage employment of high quality staff
- Better retention

