



- For personal comfort you may need to negotiate with your employer to have access to adequate hand washing facilities and a refrigerator to store your expressed breastmilk:
 - Store breastmilk in sterile plastic or glass containers in single serve sizes.
 - Place at the back of a fridge where it is coldest.
- Plan how you will express your milk – by hand or by using a hand held or electric pump.
- If possible build up a reserve of breastmilk before returning to work.
- When transporting breastmilk from home to work or to childcare, use an insulated picnic cooler or cooler bag with ice or a freezer brick.

Breastfeeding & Returning to Work

Many mothers successfully combine breastfeeding & work.



For parenting advice call:
The Tresillian Parent's Help Line
1300 272 736

Visit the Tresillian website at
www.tresillian.org.au

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Many workplaces have policies that will support you to continue breastfeeding.



Many mothers successfully combine work and breastfeeding. Workplaces now have greater awareness of the importance of individual family responsibilities and, depending on your workplace, there may be work policies that will support you to continue to breastfeed.

Things you may need to consider

- Discuss your breastfeeding preference and requirements with your employer, e.g. having access to a private designated area to feed.
- Organise someone to bring your baby into your workplace for breastfeeds.

If you are unable to breastfeed in the work area

- Replace breastfeeds during work hours with expressed breastmilk or infant formula.
- Introduce your baby to the cup or bottle 2 or 3 weeks before returning to work – a baby can feed from a cup from about 7 months of age.
- For babies aged 6 months this is a good time to introduce solids
- Express during the working day to match your milk production with your baby's needs.