



Back to work Guide for the breastfeeding mother

You have the right to breastfeed your child during working hours.

Or to pump your milk.

The time you need to do this is paid until your child's 1st birthday:

- up to 4 hours working time at least 30 minutes
- more than 4 hours working time at least 60 minutes
- more than 7 hours working time at least 90 minutes

You have the right to a room for breastfeeding or pumping.

Here is how you can prepare:

Four weeks before returning to work

- Ask a professional:
 - Midwife, breastfeeding consultant
 - Mother-father counselling service in the community (free of charge).
- Go to a La Leche League breastfeeding meeting.
- Talk to other mothers who breastfeed and work.
- Talk to your manager.
There is a leaflet called «Facts for employers».



Two to four weeks before returning to work

- If you want to pump:
 - Start pumping now and then.
 - Someone else gives your baby the milk you have pumped.
- If you want to breastfeed:
 - Plan breastfeeding times into your work day.
 - Arrange for someone to bring the baby to you.

On the first day at work

- Breastfeed your baby before you leave.
Even if it is not the baby's normal drinking time.
- If you pump:
 - Pump 2 to 3 times per working day.
Or whenever your breasts are tightening.
 - When pumping, a photo of your baby helps.

At night and on non-working days, continue breastfeeding your baby.

For more information:

