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# Breastfeeding & Returning to Work

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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.
- 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.

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**Elevit Breastfeeding contains essential vitamins, minerals & omega-3 to support your baby's ongoing healthy development**

Always read the label and follow the directions for use.

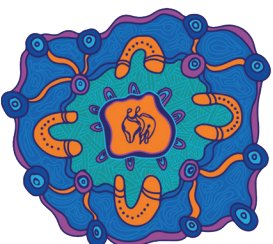


## For a referral to Tresillian:

Ask your local Health Professional, Child & Family Health Nurse, GP or early parenting support service to refer you and your child.

Self Refer by visiting the Tresillian website. Fill in a short online contact form and one of our Nurses will call you back. Visit [tresillian.org.au](https://tresillian.org.au)

For advice on your child or the best service for your family, call the Tresillian Parent's Help Line FREECALL 1300 272 736



### Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Victoria. We respect that Aboriginal and Torres Strait Islander People have lived in Australia for over 60,000 years and are recognised as having the oldest living continuous culture in the world, with unique languages and spiritual relationships to the land and sea. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.