



Breastfeeding, also known as nursing, can be done in a variety of ways including exclusively breastfeeding (infant to breast), pumping or hand expressing. Many parents and infants have preferences and may do one method or combi-feed with formula or bottles.

How breastfeeding changes the body: People who chose and can breastfeed may experience some of the following in the days, weeks and months of breastfeeding:

- Hormone fluctuations and changes
- Increased appetite
- Increased water intake
- Releases stress
- Increased production of hormones prolactin and oxytocin (happiness hormone)

Did you know?

Breastfeeding lowers your risk of: Breast Cancer, Ovarian Cancer, Osteoporosis (weak bones), Cardiovascular Disease & Obesity.

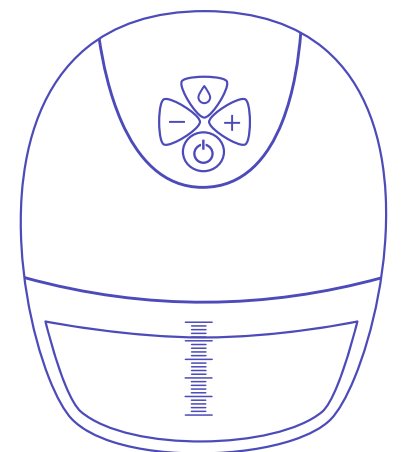
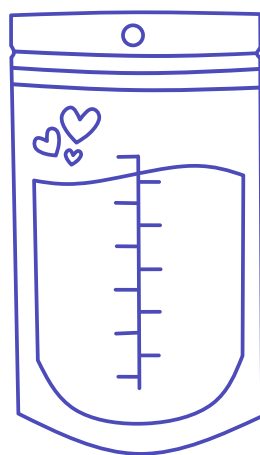
Benefits of breastfeeding

- Your breast milk meets all of your baby's nutritional needs
- Breast milk protects your baby from infections and diseases
- Breastfeeding provides health benefits for you
- Breast milk is available for your baby whenever your baby needs it
- Breastfeeding can build a strong emotional bond between you and your baby



Common breastfeeding problems:

- Sore or cracked nipples
- Not enough breast milk
- Breast engorgement
- Baby is not latching on properly
- Too much breast milk
- Mastitis
- Breastfeeding and tongue tie



BREASTFEEDING AND GOING BACK TO WORK

SOURCE: <https://www.nhs.uk/baby/breastfeeding-and-bottle-feeding/breastfeeding-and-lifestyle/back-to-work>



If you are breastfeeding when you return back to work, there are a few options to consider:

- Some people may arrange for childcare close to work or college so that you can breastfeed during breaks, or before and after work.
- Hand express or using a pump so that someone else can feed your baby while you're at work (You may therefore wish or need to pump at your place of work to relieve painful or full breasts)
- Ask your employer or college for flexible working hours arranged around your breastfeeding needs

Information for employers about breastfeeding parents

Employers have certain legal obligations to breastfeeding parents. Employers can have a policy to support breastfeeding. This includes:

- a break allowance for mothers to express milk
- provision of a clean, warm, private room (not the toilet) for expressing
- a secure, clean fridge to store expressed milk
- flexible working hours for breastfeeding mothers

What the law says about breastfeeding mothers at work:

It's up to you to decide how long you want to breastfeed. Returning to work doesn't mean you have to stop. Before returning, you should give your employer written notification that you're breastfeeding. Your employer must then conduct a specific risk assessment.

Workplace regulations require employers to provide suitable facilities where pregnant and breastfeeding mothers can rest. The Health and Safety Executive (HSE) recommends that it's good practice for employers to provide a private, healthy and safe environment for breastfeeding mothers to express and store milk. The toilets are not a suitable place to express breast milk.

Support & Advice from the NHS:

<https://www.nhs.uk/baby/breastfeeding-and-bottle-feeding/breastfeeding/help-and-support/>



A more detailed version can be accessed by scanning the QR code to the right: