

Before You Go On Maternity Leave

More and more women are successfully returning to work or school while continuing to breastfeed. By making a few adjustments to your schedule, you too can easily continue to offer your baby your milk.

Discuss your plan to continue breastfeeding after you return to work with your boss or supervisor.

Talk about the importance of support for breastfeeding. There are many benefits of continuing to breastfeed.



Breastfed babies are healthier, and their mothers need less time off work or school to care for sick babies. Breastfeeding saves money and helps you to stay connected to your baby.

Before You Return To Work

Develop a plan that you think will work for you.

- ◆ Decide ahead of time where you will pump and where you will store your milk. You will need:
 - A quiet place
 - A fridge to store expressed milk, or a cooler with an ice pack
- ◆ Some women have their baby brought to them so they can breastfeed at lunch or, if your child is being cared for nearby, you may be able to travel to him/her to nurse over a lunch break. You may express or pump your breast milk at other break times during the day to give to your baby later.
- ◆ You may plan to breastfeed as soon as you arrive home at the end of the day. Inform your baby's caregiver so she doesn't feed your baby just before you want to breastfeed.
- ◆ If you plan to give your pumped breast milk by bottle, begin to get your baby used to a cup or bottle several weeks before you return to work. If you plan to feed your baby using expressed breast milk when you are at work, start storing your milk before you return to work. Give yourself at least 2 weeks to stockpile your milk. Label pumped milk and always use the oldest milk first.

◆ **Do not re-freeze.**

For Further Information

You can contact your Public Health Nurse, La Leche League, Canadian Prenatal Nutrition Programs, or other breastfeeding support groups for further information.

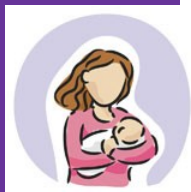
Ease into your new routine. By planning ahead, you will find it easier to overcome any challenges.

This information is to help you and your baby continue to enjoy the benefits of breastfeeding - it is one of the best investments you can make for your baby's health.



What About Breastfeeding?

The Canadian Pediatric Society and Health Canada recommend exclusive breastfeeding for the first six months of life with addition of iron-rich solid foods at six months and continued breastfeeding for up to two years and beyond. When you return to work or school after having a baby, you may continue breastfeeding. You should not be prevented from nursing your child in public nor asked to move to another area that is more “discreet”.



Today, there is increased awareness about the importance of supporting breastfeeding both in public places and in the workplace.

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Breastfeeding Resources

www.northernhealthregion.ca
www.breastfeedinginc.ca
www.breastfeedinginfoforparents.ca
www.gov.mb.ca/health/bfm/bfm.html
www.lllc.ca/
www.infactcanada.ca

Thompson

Public Health
204-677-5350
Obstetrical Unit
204-677-2381

Flin Flon

Primary Care Centre
204-687-1350

The Pas

Primary Health Care Centre
204-623-9650
Obstetrical Unit
204-623-9214

References:

- Manitoba Human Rights. (2010). *Parents and pregnant women*. Retrieved from <http://www.manitobaabhumanrights.ca>
- Ontario Public Health Association. (2008). *Creating a breastfeeding friendly work place*. Retrieved from <http://www.opha.on.ca>
- Mason, D. & Ingersoll, D. (1997). *Breastfeeding and the working mother*. New York: St-Martin's Press

Breastfeeding and Returning to Work or School



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