

Working and Breastfeeding



If you return to work when breastfeeding your baby, there are several ways to organise things which will enable you to continue breastfeeding. One option is to extend your (maternity) leave. Another is to make full use of your rights as a breastfeeding employee

Breastfeeding Breaks

Under Irish law, you are entitled to breastfeeding breaks at work up until your child's 2nd birthday.

At the choice of your employer, you are entitled to either:

- Breastfeed in the workplace or express breastmilk where **suitable facilities** are available in your workplace, or
- have your working hours reduced (without loss of pay) to facilitate breastfeeding where suitable facilities are not available

24

months



1 hour breastfeeding break per 8-hour day

Part-time workers



breaks calculated on a pro-rata basis

This time may be taken as:

1 x **60 min**
break

2 x **30 min**
breaks

3 x **20 min**
breaks

Your employer cannot deduct pay for the time you took on a breastfeeding break.

Remember, you can use this time to pump, have your baby brought to you or shorten your working day.

A suitable pumping room....



can be locked and offers suitable privacy



is not a toilet!



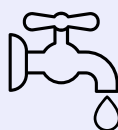
is comfortably heated!



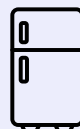
contains a comfortable chair



has accessible power outlets



has facilities nearby for cleaning pumping parts



offers the use of a refrigerator nearby for storing breastmilk

For more info: www.lalecheleagueireland.com

Pumping Information



When you are separated from your baby for a longer period, for instance for work, pumping can become important. Full breasts feel uncomfortable or even painful and may lead to blocked ducts or mastitis.

There are three ways to express your milk:

hand
expressing

hand operated
breastpump

electric
breastpump



to maintain your milk
supply it is best to pump:

- as often as your child would normally nurse
- as often as needed to express enough milk for your baby's needs

For successful pumping, it is important to trigger a **let-down reflex**

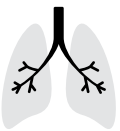
These tips can help you stimulate a let-down:



Try to relax and find a **comfortable** place to sit



Drink some **water**



Take a few **deep breaths**



Gently **massage** your breasts or apply a **warm compress**



Look at **pictures or videos of your child**



Bring a piece of your **child's clothing to smell**

Try to see pumping as 'taking some me-time'. Have a cup of tea, read a magazine. Making yourself comfortable helps you to make pumping a pleasant experience.

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