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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

*Many thanks to Sherry Bowles and Rosina Chaplain
for developing this leaflet with working mothers in mind*

**For more information on Breastfeeding and Infant
Feeding Support Services visit:**

www.nottinghamshirehealthcare.nhs.uk/infant-feeding

To find your local Children's Centre visit:

<https://www.nottinghamshirehealthcare.nhs.uk/ccs>

Back to work plan for breastfeeding mums A step by step guide

Breastfeeding and Infant Feeding Support



Step 1

Prepare yourself and baby emotionally and mentally

Returning to work can be very stressful for you and your baby. To support this transition it is best to prepare in advance.

Try discussing your feelings with your partner, family and or friends. This will make them aware of how you are feeling. They may have some useful advice and practical tips to share with you.

Think about!

- What your routine may be like when you return to work e.g. morning routines/bedtime routines .
- Attend a local Breastfeeding Groups for support and advice from other breastfeeding mums and professionals.
- Get baby used to not having you there. Start by leaving baby with trusted family or friends for short periods of time.
- Practice expressing milk, look at which way will suit you best, breast pump, hand express etc.,
- Start to introduce baby to expressed milk via a bottle or cup. Practice to see what suits you best.

Notes

Preparing feeds

To reduce the risk of infection, make up each feed as your baby needs it, using boiled water at a temperature of 70° C or above - i.e. within 30 minutes of boiling the kettle. This will kill any harmful bacteria that may be present.

Bottled water is not recommended to make up a feed as it is not sterile and may contain too much salt (sodium) or sulphate.

For information about how to make up formula milk see the manufacturers guideline or visit: www.unicef.org.uk or www.nhs.uk

Whether you are giving your baby expressed breast milk or formula milk in a bottle, always try to hold baby close when feeding. Look at baby and interact with eye contact and smiles - feeding is still a really important time and babies need to feel secure. Talk to your childcare provider about responsive bottle feeding and pacing the feeds. Search for 'Responsive bottle feeding' on www.unicef.org.uk for more details.

For further help and advice on returning to work visit:

www.nhs.uk/start4life/baby/breastfeeding/going-back-to-work/

www.unicef.org.uk/babyfriendly/ Search 'Returning to Work'

www.laleche.org.uk/working-and-breastfeeding/

www.maternityaction.org.uk

www.nct.org.uk Search 'Returning to Work'

For information about your local BABES group visit:

www.nottinghamshirehealthcare.nhs.uk and search for 'Breastfeeding Useful Information'

Formula feeding / Mix feeding

You may chose to introduce formula milk for when you are away from your baby.

Different types of infant formula

Infant formula is available in two forms:

- Ready-to-feed liquid infant formula, sold in cartons, which is sterile
- Powdered infant formula, which is not sterile.

Unless your doctor or health visitor gives you different advice, first infant formula is the only type of formula your baby needs until they are one year old. When your baby is one year old, they can start to drink whole cows milk.

Preparing your bottles

- Clean the feeding bottle and teat in hot, soapy water as soon as possible after a feed, using a clean bottle brush. Rinse all your equipment in clean, cold running water before sterilising.
- Sterilise according to manufacturers instructions.

There are several ways in which you can sterilise your baby's feeding equipment, such as:

- using a cold water sterilising solution
- steam sterilising
- sterilising by boiling

Step 2

Start to look at your childcare options

- Spouse / family / friends
- Childminders
- Private day care / nurseries

Look for childcare close to work, it might allow you time to breastfeed during your breaks or before and after work.

Alternatively it may suit your families needs to choose childcare closer to home.

Think about!

- When choosing childcare, arrange visits to the setting prior to your start date. This will help baby to get used to the new environment and will support you to build a relationship with staff.
- Look at timescales - how long will it take you to get out of the house? How long to travel to your childcare? Allow extra time in case of any difficulties or last minute nappy changes which always happen just before you leave!

Notes

Step 3

Employment

Look up your legal rights and employers legal rights. Look at your employer policy - employers should provide a suitable environment for you to express.

Arrange to go into work and discuss your options and breastfeeding choices with your lead/manager. This will help you both prepare better.

Put your breastfeeding requirements in writing to make sure your employer is aware of what is needed for you to continue breastfeeding whilst working.

Point out the benefits of breastfeeding to your employer. E.g. less carers leave, due to baby being healthier because they are being breastfed

Employers may need to complete an Environmental Risk Assessment.

Think about!

- Your working week/days/hours and breaks to assess where you can put time in to express.
- Storing expressed milk while at work and then transferring to home or child care.

Notes

Step 4

Expressing and storing breast milk

- Storing your breast milk is easy- it's fine at room temperature for six hours so if you haven't got access to a fridge at work get some ice blocks and a cool bag and it will be fine until you get home.
- It can be stored in a fridge at 4 degrees or less for five days, in an ice compartment of a fridge for two weeks or in a freezer for six months
- Alternatively, you may wish to use formula milk when away from your baby (see overleaf)

Think about!

- Think about baby's age – they may reduce the number of feeds if having other foods so you may need less expressed breast milk than you think. Older babies may be happy breastfeeding before and after work with food during the day when you're not there.
- Involve partners in the feeding of expressed breast milk in preparation for your return to work.
- Build up a bit of a stock of milk in the weeks prior to returning to work.

Notes
