

## Breastfeeding and Returning to Work

The Canadian Pediatric Society and Health Canada recommend exclusive breastfeeding for the first six months of life with the addition of iron rich solid foods at six months and continued breastfeeding for up to two years and beyond. This health information sheet contains information regarding benefits of continued breastfeeding and tips to use when you return to work.

### The benefits of continued breastfeeding for you and your child include:

- Breastfed children have continued protection against colds, ear infections, and stomach infections.
- Breastmilk helps prevent vitamin A deficiency in children between 12 and 36 months old.
- The appetites of babies can decrease during episodes of diarrhea and fever. During this time breastfeeding can help prevent dehydration and provide essential nutrients for recovery.
- Breastmilk gives added protection for children with food sensitivities.
- Breastfeeding promotes proper jaw development.
- Longer breastfeeding reduces the risk of breast and ovarian cancer for breastfeeding women.
- Women who continue to breastfeed when they return to work are away from work less often to care for a sick child at home.
- Breastfeeding, together with physical activity and healthy eating, supports returning to a healthy weight after pregnancy.
- The close bond between mother and baby continues.

### Tips to continue breastfeeding when returning to work:

- Check out your workplace breastfeeding policy.
- Is it possible to breastfeed your baby over lunch?
- Try finding childcare nearby. You may be able to go to your baby and nurse one or more times during the day.
- Bring your baby to work with you. Is there childcare available at your work?
- Explore the possibility of flex time, or part time work.
- When will you pump?
- Does your workplace have a clean private area where you can express milk? Does this space have an electric outlet, a comfortable chair, hand washing facility, and a refrigerated space for expressed milk?
- Leave breastmilk and bottles with baby's caregiver if you cannot breastfeed baby.
- Try giving baby a bottle of breastmilk well before leaving baby with a caregiver.

... over

**Kingston**  
221 Portsmouth Avenue  
Kingston, ON K7M 1V5  
Tel: 613-549-1232  
1-800-267-7875  
Fax: 613-549-7896

**Cloyne**  
P.O. Box 59  
14209 Highway 41  
Cloyne, ON K0H 1K0  
Tel: 613-336-8989  
Fax: 613-336-0522

**Napanee**  
41 Dundas Street  
Napanee, ON  
K7R 1Z5  
Tel: 613-354-3357  
Fax: 354-6267

**Sharbot Lake**  
P.O. Box 149  
1130 Elizabeth Street  
Sharbot Lake, ON K0H 2P0  
Tel: 613-279-2151  
Fax: 613-279-3997

- Develop a plan that will work for you. Practice this plan before going back to work.
- Discuss your breastfeeding plan with your employer before you return to work.

### **Breastfeeding support**

- Child & BabyTalk. Call 613-549-1154, or 1-800-267-7867, ext 1555.
- TTY 613-549-7692, or 1-866-299-1136.
- BabyTalk Drop-ins. Call Child & BabyTalk or go to [www.kflapublichealth.ca](http://www.kflapublichealth.ca) for times and locations.
- Breastfeeding Buddies a peer telephone support program. Call Child & BabyTalk for information.
- Your doctor or midwife.
- La Leche League: Call 1-800-665-4324 for one near you.
- Ontario Human Rights Commission. [www.ohrc.on.ca](http://www.ohrc.on.ca) or call in confidence during regular office hours from Monday to Friday, 1-800-387-9080, TTY 416-314-6526

### **Web sites**

- [www.healthcanada.ca](http://www.healthcanada.ca)
- [www.kflapublichealth.ca](http://www.kflapublichealth.ca)
- [www.ohrc.on.ca](http://www.ohrc.on.ca)
- [www.infactcanada.ca](http://www.infactcanada.ca)
- [www.workandpump.com](http://www.workandpump.com)
- [www.wiessinger.baka.com](http://www.wiessinger.baka.com)

### **Books**

- La Leche League International. *The Womanly Art of Breastfeeding*. 7th edition, 2004.
- Jennifer Hicks. *Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working*. La Leche League International. January 2006.
- Norma J. Bumgarner. *Mothering Your Nursing Toddler*. La Leche League International. February 2000.
- *Expressing & Storing Breastmilk*. Pamphlet. KFL&A Public Health. April 2006.