



## Supporting Breastfeeding Employees in the Workplace

We are undertaking research funded by the Nuffield Foundation, investigating infant feeding and return to paid work decisions. We want to help organisations support their breastfeeding employees by co-producing and sharing research-informed practical workplace guidance and best practice.

Whilst there are some legal requirements for employers to provide breastfeeding facilities, for many women wanting to continue to breastfeed return to work is a key barrier. *There is more to supporting breastfeeding employees than just providing facilities.*

**What are the benefits?** Evidence suggests supporting breastfeeding employees not only benefits them and their children, but also employers:

- Better supported mothers are more likely to return to work, and earlier, at a time they often fall behind in the labour market and are happier and more productive.
- Breastfed babies tend to get sick less often, meaning parents take fewer sick days.

### How can you and your organisation get involved and collaborate with our research?

- Participate in surveys and focus groups aimed at HR professionals and line managers.
- Share examples of existing workplace support, policy, and practice.
- Become a case study to bring together both employee and employer perspectives.

### Benefits of becoming a case study

- Gain an understanding of challenges faced by your breastfeeding employees.
- We will evaluate any existing policy and practice so you understand what works and what does not work.
- Co-design workplace policy and guidance on best practice to better support your breastfeeding employees.

Find out more by visiting our [website](#) or contacting Professor Sarah Jewell.



Scan here for our website



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