

# BREASTFEEDING AND WORK, CAN WORK!



Employers have a duty of care towards breastfeeding employees. It is good practice for line managers and/or HR to arrange to meet with breastfeeding employees to discuss their concerns and needs to facilitate breastfeeding and/or expressing breast milk.



Mothers often worry about unsuitable locations and storage. The Health and Safety Executive ([hse.gov.uk](http://hse.gov.uk)) states that toilets are not a suitable place.

More frequent rest breaks and suitable facilities will help allay returning mother's concerns. It is good practice to make available a hygienic, safe space with a lockable door for expressing breast milk, and suitable storage.

Scan for further information about the research study 'Maternal well-being, infant feeding and return to paid work'.

[research.reading.ac.uk](http://research.reading.ac.uk)

With the right workplace support mothers are happier and children adapt quickly.

By putting in place a few simple measures employers will be rewarded with happier and more productive workers.