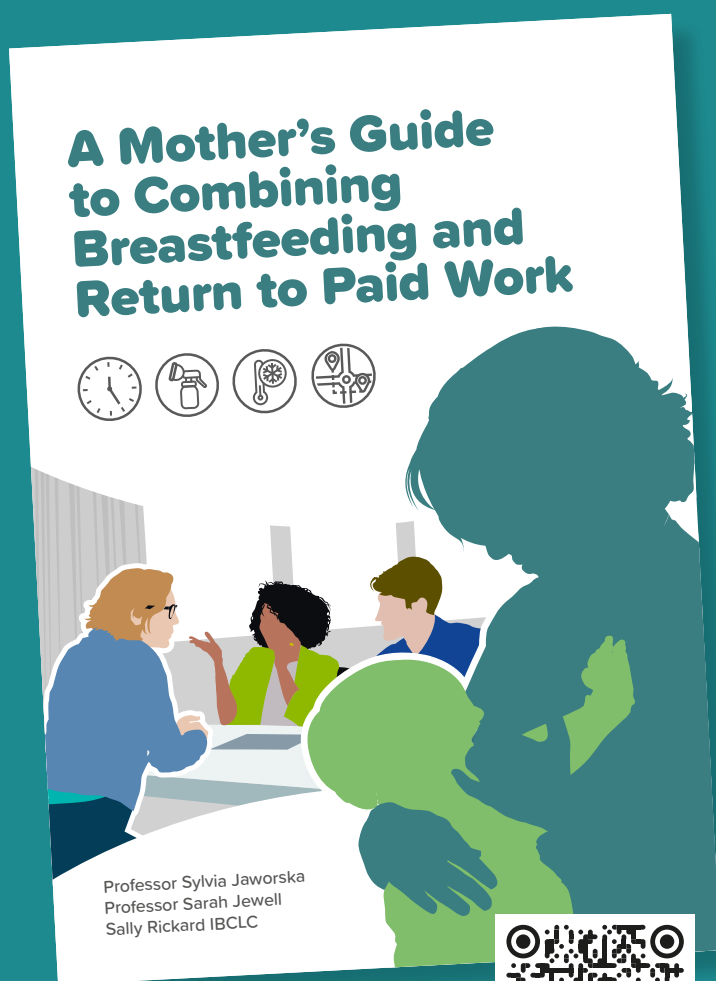


Get your **FREE** Mothers' Guide



Scan the **QR code** to access the toolkit, or visit the link below:

<https://research.reading.ac.uk/workfeed/for-organisations/>

“I was very anxious because she was fed on demand but **she just adjusted and I also adjusted. ”**

Study Participant

About our breastfeeding study:

Returning to work does not mean you have to stop breastfeeding if you don't want to.

In fact, it can be a manageable and positive experience, with the right workplace support. Researchers at the University of Reading undertook a 3-year study of maternal well-being, infant feeding and return to work, funded by the Nuffield Foundation.

The study explored experiences of mothers, and the perspective of HR professionals and line managers, to understand how mothers who wish to breastfeed upon return to work could be better supported.

“The **reality was easier than my anticipation. ”**

Study Participant

How can our toolkit help you?

The study found that mothers experienced pre-return anxieties and concerns relating to their child's and their own emotional/physical well-being, and the practicalities in the workplace.

These related to not knowing what to expect. We have, therefore, developed a free toolkit to help mothers, who wish to do so, balance breastfeeding and return to work.

Drawing on the varied experiences of mothers from the study, this toolkit offers guidance on how to balance breastfeeding with paid employment. It provides information on your rights, the practicalities and how to communicate with your employer.