**Returning to work as a breastfeeding mother**

The Workplace Regulations (1992) require employers to provide a rest area for new mothers. The Equality Act (2010) means that a woman’s working conditions should be sufficiently flexible to enable her to continue to breastfeed. BU is supportive of women who return to work and wish to continue to breastfeed their baby. This information sheet has been produced for women and an additional advice sheet is available for managers.

Staff who return to work and still wish to breastfeed should undertake the following:

• You should write to your manager prior to returning to work so that a suitable risk assessment can be undertaken (if appropriate) and any additional facilities can be arranged.

• If your child is being cared for nearby, you may be able to negotiate flexible working arrangements so that you can go to your baby to breastfeed.

• If you are not able feed your baby during your working day you may need to express milk in order to maintain your milk supply and prevent engorgement.

• If you are planning to express milk you may find it helpful to consider the following:

- You can request flexible working time / breaks to enable you to express;

- BU will endeavour to provide a suitable private room, close to your place of work, in which you may express milk. This must not be a toilet;

- A fridge should be available nearby for storage of breast milk;

- You will need to bring a sterilised bowl (for hand expressing) or pump and a storage container for your milk. Label and date your milk before storing it in the back of the fridge;

- To express breast milk successfully you will need to feel relaxed, unhurried and warm

so that you release the hormones required. Many women find it helpful to look at a photograph or visualise their baby whilst they express.

**Breastfeeding facilities**

• **Bournemouth Gateway, -** Key available from BGB Reception

• **Dorset House, D227** – Health, Safety & Wellbeing Room *(please contact Health, Safety*

 *& Wellbeing for use).*

• **Talbot House, T133** – Multi-Faith Chaplaincy (*please contact the Chaplaincy for use).*

• **St Mary’s Hospital Portsmouth** – Birthing Centre *(For staff and students use)*

**Further sources of information and support**

• BU’s Midwifery programme holds UNICEF accreditation for its breastfeeding education. Staff working on this programme are happy to assist with queries from staff or managers ataylor@bournemouth.ac.uk

• The Maternity Action is also a valuable source of information for women and employers [www.maternityaction.org.uk](http://www.maternityaction.org.uk/)

• Occupational Health Adviser: HealthandSafetyMailbox@bournemouth.ac.uk