

Tips

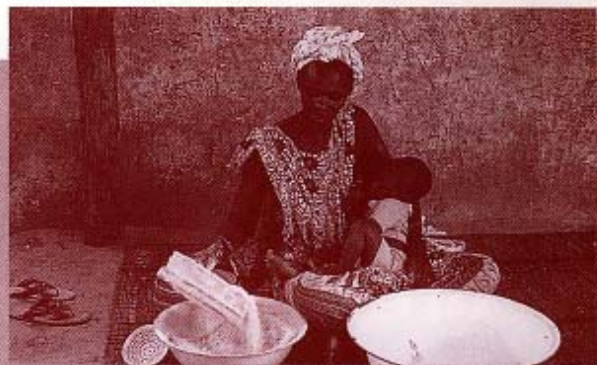
Tips for successfully combining work and breastfeeding

- Take as much leave as possible after birth.
- Take extra food and drink to maintain your health. Your diet should be well-balanced and include lots of locally available fruits, vegetables, carbohydrates, and fluids.
- Make sure breastfeeding is well established before returning to work.
- If you are away from your baby for several hours, express breastmilk several times a day, and have



your infant care giver feed it to the baby with a cup. The use of bottles or pacifiers discourages babies from breastfeeding.

- Make sure the person who cares for your baby understands and supports breastfeeding.
- Practise expressing breastmilk before returning to work. Expressing breastmilk by hand is easy with practice and convenient for most women. Expressed breastmilk keeps well at room temperature for 10 or more hours even in tropical countries. Cooling liquids makes longer storage possible.
- Have family members and friends provide extra help while you are breastfeeding.
- Breastfeed in a comfortable chair or while lying down so that you can rest at the same time.
- If you are separated from your baby for long hours during the day, breastfeed more at night. It will be easier if your baby sleeps with you.
- If you have flexible work hours, going an hour late, extending your lunch break, or leaving an hour early can be helpful.
- Form a support group with other working women who breastfeed, or attend a mother support group in your community.
- Consider co-operative strategies such as sharing child-care.
- Delay your next pregnancy until you are ready to breastfeed another child.



Why women should breastfeed when they return to paid work

Benefits for babies

- Breastfeeding meets a baby's nutritional and emotional needs for the first four to six months, and continues to contribute to the baby's nutritional and emotional health into the second year and beyond.
- Breastfed babies have stronger immune systems and are healthier than those who receive breastmilk substitutes.
- Studies show that breastfeeding can save the lives of over one million babies who die every year from diarrhoea and acute respiratory infections.

Benefits for women

- Breastfeeding encourages women's confidence and self-reliance, as they are able to provide quality care for their children.

- Breastfeeding strengthens the bonding relationship between mother and child. This is particularly important for women whose work separates them from their children.
- Women who have breastfed are less likely to develop breast and ovarian cancers, and have less osteoporosis later in life.
- Breastfeeding helps mothers get back into shape faster.

Benefits for families

- Breastfeeding mothers are much less likely to become pregnant. The child-spacing effect of breastfeeding is important for some women, particularly women for whom contraception is unavailable, unaffordable or unacceptable.
- Breastfeeding saves families the time and money that would