



## Breastfeeding

**Returning to work doesn't have to mean that you need to stop breastfeeding. You can continue to breastfeed when you return to work, for as long as it suits you and your baby.**

Your company should support you to continue to breastfeed by providing you with breastfeeding and expressing facilities and flexible lactation breaks. If they do not provide this support, they may be discriminating against you and may be breaking the law.

For a step by step guide on discussing your breastfeeding needs with your manager, visit the Raising Children website:  
[http://raisingchildren.net.au/articles/breastfeeding\\_and\\_work.html](http://raisingchildren.net.au/articles/breastfeeding_and_work.html)

**Some things you may need to breastfeed or express milk at work include:**

- a private area (not the toilet) with a comfortable chair
- a refrigerator for storing expressed breastmilk
- somewhere to store an electric or manual breast pump
- a power point close to a low table, next to the chair (if you're using an electric breast pump)
- a wash basin to wash hands and rinse out pump parts
- enough time to express milk during your lunch break and any other breaks if needed.

For support and information about breastfeeding, or tips for continuing to breastfeed when you return to work, visit the Australian Breastfeeding Association: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) or phone the ABA helpline 1800 MUM 2 MUM.

***The above is provided as general information. For workplace advice or support about your individual circumstances, please contact FSU on 1300 366 378.***