

Breastfeeding & Work



Returning to work? If you want to continue breastfeeding or expressing milk, here's what to expect from your employer when you return to work.

Support

Employers should *support your breastfeeding experience*. Indicate break timings and relevant logistics. If problems come up, ask HR or your union for help.

Space

Employers should *provide a clean and comfortable place* for you to breastfeed or pump. Ideally this area is quiet, private and temperature controlled especially if your baby is with you. You may also need access to power and a cool place to store pumped milk.

SAFE STORAGE GUIDE *for breastmilk*

At room temperature (below 25°C)
Up to 4 hours

In a cooler with ice packs
Up to 24 hours

In a fridge (below 4°C)
Up to 3 days

Safety

Employers should *create a healthy culture* where breastfeeding employees are not discriminated against or harassed. They should have a breastfeeding policy, offer suitable breaks, and be flexible with work arrangements.