

What are my rights?

- in Ontario, the Human Rights Commission prohibits discrimination and protects the rights of pregnant and breastfeeding women
- this means that your employer or teacher(s) should accommodate you if you wish to breastfeed or express breast milk for your child while at work or school
- you are legally allowed to have extra breaks to breastfeed your child or to pump while you are at work
- visit www.ohrc.on.ca/en/issues/pregnancy for more information



Why should I keep breastfeeding?

- you may miss less work or school because breastfed children may be sick less often
- your baby may be healthier in their body, mind and development
- your employee benefit plan may not have to pay for as many medications for a breastfed child
- you may feel better about your work and you may get more done while at school or work
- continued breastfeeding can help you and your baby cope with the transition of returning to work or school
- breastfeeding before and after work or school is a nice way to connect with your baby in a busy day
- many women successfully return to work or school before their child stops breastfeeding. Health Canada and the World Health Organization recommends giving only breastmilk for the first six months; at six months you should start offering solid foods along with continued breastfeeding until your child is two years or older
- you may be less likely to get osteoporosis, breast or ovarian cancer

How can I make my return to work or school a little easier?

- let your employer or teachers know that you want to continue to breastfeed when you return to work
- prepare your baby by practicing the new routine several times before you return to work or school
- allow time for your baby and your body adjust to the new routine
- if you plan to pump at work or school, practice before you return. This milk can be stored for your baby to use when you actually are at work or school; talk to your baby's caregiver about your plan to provide breast milk while you are at work or school
- try introducing your baby to a sippy cup or regular cup; sometimes babies accept this more readily if it is fed to them by someone else other than you

Helpful tips for you

- create a plan for how and when you might pump or feed your baby while you are at work or school. For example: can someone bring the baby to you to feed? Can you pump and store your milk? When and where will you pump? Is there a fridge or will you store milk in a cooler bag?
- keep in mind that you may need to pump at least once or twice in an 8 hour day if you are returning to work or school after one year (more if you are returning sooner)
- you may want to wear clothes that are easier for pumping or to quickly feed your baby while you are at work or school
- consider taking an extra shirt in case your milk leaks
- try and use a pump that makes pumping easier and more efficient
- consider talking to other moms who have breastfed after returning to work or school
- remember that your baby may want to breastfeed more frequently when you return home; your milk supply will adjust to this new routine

Be patient with yourself and your baby. It takes time to adjust to a new routine.



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