



amaltheia

BABY-FRIENDLY COMMUNITIES | BREASTFEEDING

BABY-FRIENDLY COMMUNITIES FOR THE PROMOTION OF BREASTFEEDING BEFORE RETURNING TO WORK

It is great success both for the mother and for the society as a whole that the mother's return to work is combined with breastfeeding

A Breastfeeding Friendly Workplace:

- **Is an advertisement** for the workplace, but also for the employer himself
 - **Enables the retention** of trained and experienced staff. The nursing employee can return to her workplace
 - **Is a welcoming workplace** for the employee when she returns from maternity leave
 - **Gives motivation** to the employee in order to return to work, while significantly reduces the time of absence
 - **Favors the employee's performance** since her family life is facilitated
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"For a feasible combination of family and a successful career, it is important to have mutual understanding and flexibility between employer and employee"

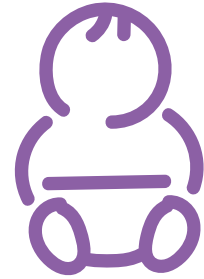
Before you return to work...

- Prepare for your returning to work timely and correctly
- Get the necessary equipment
- Define the time you wish to breastfeed, in order to prepare your personal milk bank
- Get information from healthcare professionals and make a breastfeeding plan together
- Ask for help when you feel you need it
- Look for breastfeeding working mother groups

"The choice to breastfeed is not affected by returning to work. The timing of the return affects the duration of breastfeeding. With proper preparation, a longer duration is ensured!"



Prepare your baby:



- Make sure that your baby is familiar with the caregiver. It seems that a 2-week period is important for both you and your baby to trust the new caregiver
- Offer them alternative feeding options according to age (bottle, cup, solid foods)
- Have someone else offer the expressed milk
- Think of activities and find objects that make them happy
- Spend time with your baby



When you return to work:



If your baby is older than 6 months:

- Schedule feedings and meals according to your working hours
- Breastfeed shortly before leaving and upon returning from work
- Pump at work or take a break to breastfeed

*Do not hesitate to ask
for the support of
your employer and
colleagues!*

If your baby is younger than 6 months:

- Make sure the child is familiar with the bottle
- Prepare your personal milk bank. Preparation should start about 4 weeks before returning to work
- Pump regularly or when you feel the need
- Take a break to breastfeed
- Continue breastfeeding during the hours you are at home according to your schedule
- Do not hesitate to ask for the support of your employer and colleagues!

The Law protects motherhood and breastfeeding

- Law 4316/2014: foresees the creation of breastfeeding and breast milk pumping areas in areas that serve citizens
- Presence of breastfeeding and pumping area in any workplace
- Break from work to express breast milk or breastfeed
- Flexibility of working hours
- Daycare centers in the workplace
- Providing counseling before returning to work



baby-friendly community
breastfeeding



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