

RECONCILING WORK/STUDIES AND BREASTFEEDING

A change in the routine

- No need to wean your baby when you return to work
- Continuing to breastfeed will improve your child's immune protection
- If you can, take full advantage of the time off you have to establish breastfeeding
- It is perfectly possible to breastfeed less during the week and to breastfeed on demand when you can



Credit photo : Émilise Lessard-Therrien

How to

facilitate the return?

- Ask for schedule adjustments to breastfeed baby / express milk during breaks
- Ask if a room is available for this purpose
- Jobs involving risks of breast milk contamination may require reassignment or removal from the environment
- Do not hesitate to inquire about the possibilities offered



2023

www.nourri-source.org

REFERENCE: LE PETIT NOURRI-SOURCE