

Working and breastfeeding

If you return to work when breastfeeding your baby, there are several ways to organise things which will enable you to continue breastfeeding. One option is to extend your (maternity) leave; another is to make full use of your rights as a breastfeeding employee.

In the Netherlands, labour laws prescribe that



25% of your working hours

09
months

can be used to:

- feed your baby at home or at the day care centre
- have your baby brought to you to nurse
- cut down your hours so you can either start later or leave early
- take time to pump



You can make use of **these rights** until your baby is nine months old and it does not affect your right to your regular breaks. It can help to **prepare during your pregnancy** and discuss your preferences with your employer. Check your branch's **CAO** for additional rights and options.

Employers are **obliged** to provide their staff with a suitable pumping room if you inform them beforehand that you are going to need one after your leave.

A suitable pumping room...



can be locked and offers sufficient privacy



is not a toilet!



is comfortably heated



contains a comfortable chair



has accessible power outlets



has facilities nearby for cleaning pumping accessories



offers the use of a refrigerator nearby for storing breastmilk

You can check our website www.lalecheleague.nl (Dutch) for free information, or visit our online store for brochures with more extensive information on working and breastfeeding, as well as pumping and storing breastmilk. At www.borstvoedingabc.nl you can find a large selection of other articles as well.

Pumping information



When you are separated from your baby for a longer period, for instance for work, pumping becomes important. Full breasts feel uncomfortable or even painful and may lead to clogged milk ducts or mastitis.

There are three ways to express your milk

- hand expressing
- hand-operated breast pump
- electric breast pump



When using a breast pump, it is important to choose the correct flange size.



To maintain your milk supply it is best to pump

- as often as your child would normally nurse
- as often as needed to express enough milk for your baby's needs

For successful pumping, it is important to trigger a let-down reflex

These tips can help you stimulate a let-down.



Try to relax, and find a comfortable place to sit



Drink some water



Take a few deep breaths



Gently massage your breasts or apply warm compresses



Look at pictures or videos of your child



Bring a piece of your child's clothing to smell

Try to see pumping as 'taking some me-time'. Have a cup of tea, read a magazine. Making yourself comfortable helps you to make pumping a pleasant experience.

Are you looking for a place to share your experiences and ask anything about breastfeeding? Join our Facebook group! [facebook.com/groups/LLLbreastfeedingsupportNetherlands](https://www.facebook.com/groups/LLLbreastfeedingsupportNetherlands). For direct and personal contact, visit www.borstvoedingstelefoon.nl or mail us at vrage@lalecheleague.nl.