



# Breastfeeding at work

## Information for employers

The Ministry of Health follows the World Health Organization (WHO) recommendations favouring breastfeeding exclusively for the **first 6 months of the baby's life**, and the continuation of breastfeeding until **the age of 2 years** and over with the progressive introduction of appropriate complementary foods.

Breastfed children are less likely to fall ill, which means less absenteeism from work for parents.

**Breastfeeding has numerous health benefits for both mother and child.**



### To breastfeed and work is your legal right

By law, women **working full-time** are entitled to two **45-minute breastfeeding breaks a day**, after making a written request to their employer.

For women working **part-time**, the breastfeeding break is calculated pro rata **to the time worked**.



## The benefits for you as an employer:

- › Breastfed babies **are sick less often**, so their mothers are **absent from work less often** and **less stressed**.
- › Good **breastfeeding conditions in the workplace** have a positive impact on the well-being of mothers, which then has a positive impact on their **commitment and satisfaction at work**, and on the general atmosphere in the company.



**Breastfeeding or pumping breast milk** is much more pleasant if it is well accepted in the workplace and if the infrastructure\* is adapted.

\*A quiet room with a private and comfortable atmosphere is ideal. A refrigerator for storing the milk and a washbasin are also essential.

Further information on:



[www.sante.lu](http://www.sante.lu)



THE GOVERNMENT  
OF THE GRAND DUCHY OF LUXEMBOURG  
Ministry of Health

Health Directorate