

# A few tips for mothers returning to work and who want to continue breastfeeding their baby



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Here is how you can organise your return to work:

## Four weeks before

- Consult a midwife or lactation specialist.
- Contact an association specializing in breastfeeding.
- Ask for advice during your baby's check-ups (paediatricians, infant consultations).
- Talk to other mothers who are breastfeeding and working.
- Talk to your employer and discuss the practical arrangements of your return.

Download the brochure



To breastfeed and work  
is your legal right!

## Two to four weeks before



### If you would like to breastfeed :

- Plan time to express milk throughout your working day.
- If you live near your place of work, arrange to have someone bring your baby to work, to breastfeed them.

### If you are planning to express your milk:

- Start pumping milk now and do it from time to time.
- Let someone else bottle-feed your expressed milk.

## The first day of work

- Breastfeed your baby before you leave, even if it is not the usual feeding time.
- If you express milk: Pump your milk 2 or 3 times during your working day, or whenever you feel your breast getting tight.
- During the night and your days off, continue to breastfeed your child.

More info on:



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



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