

Feeding your baby when going back to work or study



It may be the first time that you are away from your baby for a longer period of time.

This leaflet will help support you to continue with milkfeeds and offer baby home-cooked family foods whilst going back to work or study.

The benefits of continuing to breastfeed:

- ✓ The longer you breastfeed, the greater the health benefits are for you and your baby.
- ✓ Maintains the close bond you have built up with your baby.
- ✓ Protects against infections so your baby is less likely to get sick.
- ✓ It saves money.

Practical tips for breastfeeding when you return to work

- ✓ Breastfeeding bridges the gap between work and motherhood in a unique way. It helps your baby to reconnect with you after time apart.
- ✓ Your baby might take less milk while you are at work, then catch up by breastfeeding when you are both back together. This is your baby's way of adapting to the new schedule and your supply will adjust to these times.
- ✓ Visit or speak to the Camden Baby Feeding Team to work out your individual feeding plan. This is a free service for Camden residents.



What to expect from your employer:

1. Check if you have a work policy and find out your rights before returning to work. The Maternity Action website offers lots of advice and support.
2. Working flexible hours may help you ease back into work, if this option is possible.
3. Remember that you are entitled to rest breaks at work if you are breastfeeding.



For support on baby feeding:

Camden's Baby Feeding Team drop-ins help with feeding plans.

Contact them on:

Tel: 07808 891 260

Email: camden.babyfeedingteam@nhs.net

Website: Camden Feeding Team



For support on introducing solid foods:

The Health and Wellbeing Team run free sessions on Starting Solids for Camden residents. Contact them on:

Tel: 0207 974 6736

Email: healthandwellbeingteam@camden.gov.uk

Website: Camden's Health & Wellbeing Team

Getting prepared to go back to work or study: Milk Feeds and Solid Foods

Milk Feeds:

- You can continue to breastfeed when you return to work or study and how you decide to do this will depend on your baby's age and the nature of your work or study.
- If you are giving formula, you can continue to use first milks for 12 months and then move onto cows milk. There is no benefit to using follow-on milk or toddler milks.
- If you would like to express milk, some equipment that might be helpful is a pump, freezer bags, a cool bag and an ice block.
- You might consider starting to express milk before going back to work or study to help in the early days. Label and date expressed breastmilk.
- Expressed milk can be left in the freezer for up to six months but should not be re-frozen.
- You can store expressed milk at the back of the fridge but not in the door of the fridge. Expressed milk can be stored in the refrigerator for up to 5 days.
- Consider trialing your care arrangements a week or two before returning to work.
- Babies older than 6 months can go straight onto using a free-flowing feeding cup. Using a bottle is not necessary.

Introducing Solid Foods:

- ★ The Department of Health recommends babies start on solid foods when they are around six months old.
- ★ Camden residents are welcome to book onto a free Starting Solids or a Starting Solids Next Step session, held in Camden, via this link: <https://uk.bookingbug.com/home/45750-Camden-Sure-Start>
- ★ A little preparation is all it takes to make homecooked family foods. Some equipment that might be helpful includes ice trays and freezer bags.
- ★ Mashed or chopped, unsalted, family food can be frozen in batches and defrosted overnight - this can save lots of time.
- ★ Having frozen vegetables and unsalted canned pulses such as chickpeas in the house makes it easy to add to any dish!
- ★ Sealable containers make it easy to transport baby's mashed or chopped food, whether it's around the home or out and about.
- ★ Continue to offer lots of variety of foods, especially foods rich in iron, such as meat and lentils.
- ★ Offer finger foods as often as possible like avocado strips, soft cooked carrot sticks, soft cooked potato or broccoli florets.

Where can I get more information?

You can obtain further support and information from the following website links:

UNICEF UK

ACAS - Pregnancy and maternity rights

Free Healthy Start Vitamins

