

Up to 60% of women who breastfeed stop earlier than they want to<sup>1</sup>. There are numerous reasons why, but returning to work and feeling awkward breastfeeding outside the home are often highlighted<sup>2</sup>. Recent studies have shown that:

- Almost one in ten women stop because they feel uncomfortable breastfeeding outside the privacy of their home<sup>2</sup>.
- More than 30% of working mothers value access to a dedicated room where they can express milk<sup>3</sup>.
- Breastfeeding or expressing milk in a calm home-like environment enhances breastfeeding as mothers feel more relaxed<sup>4</sup>.

Don't be afraid to ask for support if you are not feeling confident breastfeeding. Your healthcare professional will help you find a solution that will increase your chances to breastfeed for longer, inside or outside of the home.



#feedingourfuture

Philips Avent is a premium partner of EFCNI and supports the European Standards of Care for Newborn Health project



References

1. Odom EC, et al. 2013; 2. De Jager M, et al. 2012; 3. Iellamo A, et al. 2015; 4. Hauck YL, et al. 2008

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