



PHILIPS

AVENT

Mother and child care

Protect your baby's future while working on your own

References

1. World Health Organization, United Nations Children's Fund. 2002
2. Johnston M, et al. 2007
3. De Jager M, et al. 2012
4. Tsai SY. 2013
5. Bartick M, et al. 2010

Your breast milk provides your baby with all the nutrients he or she needs for healthy growth and development¹.

However, breastfeeding while maintaining an active life can be challenging, especially when working².

So, it's not surprising that **more than 40% of mothers globally do not breastfeed or make it past six months³**.

If you are thinking of returning to work...

- Ask your healthcare professional for support in infant feeding solutions to help you express milk during your day and discuss the breaks you are entitled to – employees with access to breastfeeding rooms are more than twice as likely to continue lactation after 6 months⁴.
- Remember, breastfeeding support in the workplace saves businesses money⁵ – your employer will benefit as your baby will be better protected from infections, which means less time off for you.

If you are concerned about combining breastfeeding and returning to work, ask your healthcare professional or employer for support.

#feedingourfuture

Feeding
our future

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