



FOCUS ON FEEDING

Returning to Work



You can breastfeed and return to work!

You can breastfeed and express your milk for months

You do have rights!

Maternity Action Helpline: 0808 802 0029 can provide you with information on your rights

Who can help you?

Your local Family Centre (formally Children's Centre) has Infant Feeding Workers who can help you to plan according to your specific circumstances and your baby's age



For more information contact:

Health Visitor/Midwife

National Breastfeeding Helpline: 0300 1000 212

www.breastfeedinginsheffield.co.uk

NHS
Sheffield Teaching Hospitals
NHS Foundation Trust

