

Department

Expressing when you are in work

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

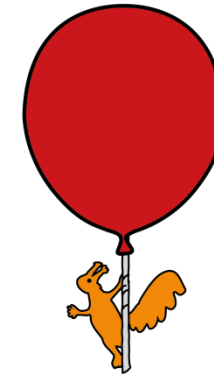
This information can be made available in other languages and formats if requested

Alder Hey Children's NHS Foundation Trust
Eaton Road
Liverpool
L12 2AP

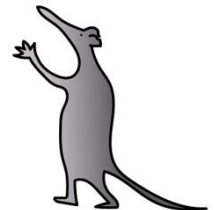
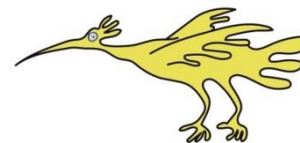
Tel: 0151 228 4811
www.alderhey.nhs.uk



© Alder Hey Review Date: August 2026 PIAG: 491



Information for staff



Introduction – CONGRATULATIONS!

Congratulations on the birth of your baby and well done continuing with your breastfeeding journey. We recognize the benefits of continuing breastfeeding/providing milk for your baby and understand returning to work from maternity can be a daunting time. We will support you in returning to work whilst expressing for your baby.

What you can expect

It is important that you notify your manager in writing/email when you are planning to return to work and you need to specify if you require support with expressing. A meeting/phone call with your manager can then be arranged for you both to discuss your needs.

Your manager will complete a Return to Work Checklist and will make reasonable attempts to accommodate your needs whilst managing local operational pressures. You will be given a break allowance to express your breast milk, additional to your meal break. You need to inform your manager if you feel there are any additional medical recommendations you have been given by your doctor/lactation support, e.g. if you have a history of recurrent mastitis.

How to express in work

You need to discuss with your manager how frequently/long you think you may need to express. This will differ for all mothers. You may only need to express once during your shift. We recommend you express responsively, so respond to your body's feeding cues. This is especially important in the beginning when your breasts are adjusting to not being close to your baby. There is a staff expressing

room you can use outside 4C or you can express wherever you feel comfortable.

Storage

Label your bottles with your name, area of work and date of expressing. You must use your own equipment and provide a plastic Tupperware box to store your bottles in. Store your milk in the EBM fridge in your area of work or ask your manager to support you in finding the nearest one. You must take your milk home at the end of your shift or you will risk it being discarded.