



Promotion of Breastfeeding & Returning to Work

**Market House
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A charitable company limited by guarantee registered in Scotland No. 165677
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Recognised by the Inland Revenue as a Scottish Charity - No. SCO 17286

Voluntary Action Shetland

PROMOTION OF BREASTFEEDING & RETURNING TO WORK POLICY

INTRODUCTION

VAS recognises that breastfeeding is a natural and healthy way to feed a young baby.

This policy has been introduced to ensure the comfort of the mother and the safety and well-being of her child while she is breastfeeding or expressing milk and to ensure local agreement on the appropriateness of the room to be used.

This policy applies to all employees who are breastfeeding or expressing milk.

POLICY STATEMENT

VAS is committed to providing appropriate facilities and support to mothers who wish to breastfeed or express milk whilst in the workplace.

Mothers who wish to breastfeed or express milk will be as far as reasonably practicable provided with appropriate facilities and uninterrupted time away from duties to enable them to do so.

APPROPRIATE FACILITIES AND SUPPORT

VAS is supportive of mothers who wish to breastfeed and express milk. The Common Room is available which has comfortable seating to allow adequate rest.

Hand washing and toilet facilities are nearby. A refrigerator can be provided for the safe storage of expressed milk.

As far as possible, VAS will show flexibility in allowing and scheduling breaks from work to breastfeed or express milk.

FURTHER SOURCES OF INFORMATION

The Maternity Alliance, HEBS and the Scottish Executive Breastfeeding Group have produced a range of information leaflets on breastfeeding and expressing milk which may be of interest to mothers and their line managers. These will be available in the Resource Library.