



Continuing breastfeeding while going back to work?

Your rights as a breastfeeding mother according to the labour law *

- You have the right to breastfeed your child during working hours.
- You have the right to the time necessary to express your breast milk during working hours.
- During your baby's first year of life, breastfeeding your child or expressing during working hours is considered as paid working time:
 - at least 30 minutes for a working time of up to 4 hours per day
 - at least 60 minutes for a working time of over 4 hours per day
 - at least 90 minutes for a working time of over 7 hours per day
- You have the right to organise these breaks according to your child's needs.
- You have the right to take these breaks both within and outside the company.
- You have the right to suitable facilities with a comfortable chair and the possibility to store the expressed milk in a cool place.

Talk early with your superior about your intention to continue breastfeeding your child or to express milk at work. The support of your superiors is very important.

Find out more at stillfoerderung.ch, from your breastfeeding consultant, midwife, parent advisor or paediatrician.

* Exception: Employees in public administration are not subject to the labour law.



Stillförderung Schweiz
Promotion allaitement maternel Suisse
Promozione allattamento al seno Svizzera



kinderärzte.schweiz
Societät für Kinder- und Jugendärzte in der Praxis
Association professionnelle de la pédiatrie ambulatoire
Associazione professionale dei pediatri di base



pädiatrie.schweiz
Schweizerische Gesellschaft für Pädiatrie
Société Suisse de Pédiatrie
Società Svizzera di Pediatria



LA LECHE LEAGUE
Schweiz, Suisse, Svizzera, Svizra



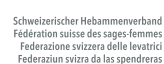
SCHWEIZERISCHER FACHVERBAND
MÜTTER- UND VÄTERBERATUNG



gynécologie suisse
Société Suisse de Gynécologie et d'Obstétrique
Schweizerische Gesellschaft für Gynäkologie und Geburtshilfe
Società Svizzera di Ginecologia e Ostetricia



BSG
ASCA
ASCM
Berufverband Schweizerischer Still- und Laktationsberaterinnen
Association suisse des consultants en lactation et allaitement maternel
Associazione svizzera consulenti per l'allattamento e per la lattazione
Associazione svizzera da cussegliadoras per mamas che tezzan



Schweizerischer Hebammenverband
Fédération suisse des sages-femmes
Federazione svizzera delle levatrici
Federaziun svizra da las spendreras

