



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.
- to the time necessary to express your breast milk.
- in the first year of the child's life to have this time counted as paid working time:
 - for a daily working time of up to 4 hours: at least 30 minutes;
 - for a daily working time of more than 4 hours: at least 60 minutes;
 - for a daily working time of more than 7 hours: at least 90 minutes.
- to organise these breaks according to your child's needs.
- to take these breaks both within and outside the company.
- to suitable facilities with a comfortable chair and the possibility to store the expressed milk in a cool place.

Talk early with your superior.

The support of your place of employment is important.

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



Stillförderung Schweiz
Promotion allaitement maternel Suisse
Promozione allattamento al seno Svizzera



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



Die Fachorganisation der Kinder- und Jugendmedizin



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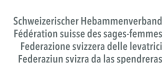
Schweizerischer Fachverband
Mütter- und Väterberatung



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



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



Schweizerischer Hebammenverband
Fédération suisse des sages-femmes
Federazione svizzera delle levatrici
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