

## Breastfeeding and working away from home?

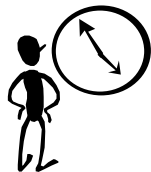
Breastfeeding continues to be good for you and for your baby after the early weeks. If you work away from home, breastfeeding helps you to feel close to your baby when you come home from work and sit down together. Breast milk can help to protect your baby from illness and a healthy baby means you take less time off from work. Time, money, space and support can help you to continue to give your baby the best.

### Time

#### *Time at home*

Every pregnant employee is entitled to maternity leave. Maternity leave is now 26 weeks (including leave taken before the birth) attracting a payment and 16 weeks unpaid maternity leave.

Each parent is entitled to 14 weeks unpaid parental leave that may be "broken up" with the agreement of the employer.



#### *Time at work*

A breastfeeding employee is entitled to take 60 minutes off work each day, without loss of pay, as a breastfeeding break until the baby is 26 weeks old.

A Civil Servant breastfeeding mother is entitled to lactation breaks, without loss of pay, until the child is 2 years of age.

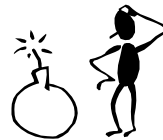
A pregnant woman is also entitled to paid time-off for ante-natal visits and classes.



### Money

To qualify for *Maternity Benefit* you must be in insurable employment immediately before the start of maternity leave, or in insurable self-employment, and satisfy PRSI contribution conditions.

You may be able to combine your insurance record in another EU country with your Irish PRSI contributions to help you qualify for Maternity Benefit.



You may be eligible for *Health and Safety Leave* if the processes and substances in your workplace can be

hazardous to the breastfeeding mother. If a risk is identified, the employer must remove the risk/adjust the work, provide suitable alternative employment, or the employee must be granted Health and Safety Leave. Employers pay normal wages for the first 3 weeks, after which Health and Safety Benefit will be paid from the Department of Social and Family Affairs.



### Space

Employers are required to provide a suitable place for expressing milk / feeding baby or reduce working hours by 1 hour per 8 hour day, without loss of pay, at least until the baby is 26 weeks old.



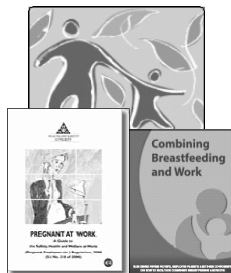
### Support

If you do not have friends who breastfed at work, you may find other mothers who did so at a breastfeeding support group. They can give you tips on expressing, co-workers and coping.

### *More information*

The Equality Authority  
Lo Call: 1890 245 545  
[www.equality.ie](http://www.equality.ie)

Maternity Benefit Section, Dept  
of Social and Family Affairs  
LoCall: 1890 690 690  
[www.welfare.ie](http://www.welfare.ie)



The Health and Safety Authority  
Tel: 01-614 7000  
[www.hsa.ie](http://www.hsa.ie)

HPU/HSE publication:  
Combining Breastfeeding and Work  
[www.healthpromotion.ie/breastfeeding/](http://www.healthpromotion.ie/breastfeeding/)