

Combining Breastfeeding and Work - **Case Studies**



Health
Central Coast
Local Health District

Jennie's Story

Jennie McGhie, Strategic Recruitment Manager with Workforce and Culture successfully balanced breastfeeding with her work responsibilities.

Jennie returned to work three days a week when her daughter Isabella was six months old. Isabella was born 6 weeks premature and her immune system was compromised so being able to continue to breastfeed while returning to work was especially important to Jennie.

When Jennie first returned to work she expressed breastmilk twice a day. She would take a 30 minute lactation break in the morning and again in the afternoon. Sometimes her nanny would bring Isabella into work for a breastfeed and other times Jennie would finish work early to be home for the afternoon breastfeed.



Jennie's work is project based, which allowed flexibility to schedule meetings and other tasks around the times when breaks to express or breastfeed were required. When Isabella turned one Jennie was still breastfeeding however, the number of feeds and time required at work reduced to about 10 to 15 minutes once a day around lunch time. Jennie either expressed in her own office or when her work required her to be at a different site she was able to find a private office available to use. Jennie had her own electric breast pump that could convert to a hand pump if power was not available. Expressed breastmilk was stored in the bar fridge in Jennie's office or in an esky bag with an ice brick when she was off site.

Jennie says she would not have returned to work early if she didn't have the support to continue breastfeeding at work. *"Coming back to work part time to a supportive workplace was great for me because I'd had an intense, complicated pregnancy"*.