

Combining Breastfeeding and Work - Case Studies



Health
Central Coast
Local Health District

Susan's Story

Susan Smith, Registered Nurse in the Medical Assessment Unit at Wyong Hospital has two boys Zac 2 ½ years and Jake 10 months old. With both her boys, Susan returned to work just before they were 6 months old and continued to breastfeed Zac and Jake until they self weaned at 11½ months and 9½ months respectively.

Susan started talking to the NUM of her ward about plans to breastfeed at work, when she was still on maternity leave. Susan returned to work 24 hours per week on 12 hour shifts.

When Susan first returned to work she was still feeding every four hours so during a day shift she would need to take two to three 15 - 20 minute breaks. Susan's parents would bring Zac in for one feed and then she would express at the other times. During a night shift Susan would only need to express once. When Susan needed to express she used the public feeding room near the main entry at Wyong Hospital.

Susan was able to go to Jake in her breaks and breastfeed him, since he was being cared for near the hospital. She found this easier and quicker than expressing.



Susan enjoyed the fact that combining breastfeeding and work gave her the opportunity to see her children during work hours. Although it was a challenge to fit in breaks to express as well as time to feed herself, Susan was motivated to continue breastfeeding her boys when she returned to work because of the extra protection it provided them from the potential bugs that she could bring home from work.