

# Your workplace is an accredited Breastfeeding Friendly Workplace

**Combining breastfeeding and paid work is a short-term commitment for long-term benefits to mothers, babies, and your organisation.**

**Your organisation has made the choice to become a Breastfeeding Friendly Workplace. You can play a part in creating an inclusive workplace culture by showing acceptance and respect towards all of your colleagues and their individual needs.**





# Breastfeeding Friendly Workplace

Accredited by the Australian Breastfeeding Association



Australian  
Breastfeeding  
Association

Breastfeeding women who return to work require the **time, space, and inclusive workplace culture** that will ease their transition back into the workplace after maternity leave.

Breastfeeding employees require:

- **Respect and acceptance** from co-workers
- **Flexible** work options
- **Spaced breastfeeding breaks** to **express milk or feed baby**
- A **private and comfortable** lactation space

**FIND OUT MORE**

[aba.asn.au/bfw](http://aba.asn.au/bfw)

