

Expressing Milk at Work

Frequently Asked Questions

This FAQ provides information for employees who wish to express milk at work. Enfield Council supports that you have chosen to breastfeed your child and supports your choice to express milk whilst working. Breastfeeding can help maintain your wellbeing when returning to work by avoiding health problems such as mastitis.

Requesting Support If you are breastfeeding and require support at work, you are encouraged to speak to your line manager. If for any reason you are unable to approach your line manager, you can speak to your Trade Union rep or Human Resources

We urge you to be as open as possible about any help that you need to ensure that you are provided with the right level of support.

Any health-related information disclosed by you during discussions with your line manager or the HR department will be treated sensitively and in confidence.

Is there a designated area to express milk at work?

Yes, there is a designated private space allocated for breastfeeding at many Council sites. For sites without a designate area, your line manager will arrange access to a private space with the facilities management team once you have confirmed that you will continue breastfeeding prior to your return to work. It is not recommended to express in toilets or sick rooms, as they can pose a hygiene risk.

Where can I store my expressed milk at work?

Expressed milk can be safely stored in a fridge set between 3 and 4°C on site. Milk should be labelled and sealed in an airtight container and Ziplock bag and placed in the fridge. It is possible to transport fresh milk safely. Please see the [Breastfeeding Network](#) for more information.

Will I be entitled to additional breaks to express?

Yes, discuss this with your line manager prior to your return to work. Breaks

can be agreed between yourself and your line manager at times convenient for yourself and your work schedule.

How long can these adjustments be in place?

Enfield Council aims to support mothers breastfeeding children for as long as necessary. It is good practice to regularly review how the adjustments are working as the breastfeeding period may prove to be longer or shorter than projected. It is therefore important to keep arrangements agreed under review. Please make your line manager aware of any changes.

Contacts

Facilities Management Help Desk:

CorporateMaintenanceConstructionCareline@Enfield.gov.uk

Useful Links

NHS Breastfeeding <https://www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/>

The Breastfeeding Network <https://www.breastfeedingnetwork.org.uk/>

National Breastfeeding Helpline <https://www.nationalbreastfeedinghelpline.org.uk/>
Tel: 0300 100 0212

www.enfield.gov.uk