ABSTRACT The upsurge of women with infants in the labor force and the challenges they are facing regarding infant feeding led to the conduct of this study. The study determined the profiles of the working nursing mothers as to age, income level, nature of work and the number of children; their infant feeding practices, factors they considered in choosing infant feeding practice; the problems they have encountered; their needs; and the possible government interventions to promote breastfeeding in the workplace as perceived by them.

The study found out that majority of the 40 nursing mothers working in the different government agencies within La Trinidad Benguet ranges from 31-40 years old. Most of them have a gross income between 6,000 to 10,000 pesos. With regards to the number of children, most of the respondents have only one to two children. As to their nature of work, most of them are in teaching position. Findings showed that regardless of age, income level, nature of work and number of children, mixed feeding was the most practiced method of infant feeding. Work was found to be the primary factor considered in choosing infant feeding practice. In descending order, other factors considered were time, mother’s health, money, child’s health, parenting advice, doctor’s advice and distance of workplace from residence. For those using pure bottle feeding, their most common problem was that infant milk formula is very expensive. Other problems encountered were difficulty preparing milk especially at night, and they observed that the child easily gets infected with illness. As for pure breastfeeding, the distance of workplace from home is the problem since the mother must go home often to breastfeed her child. For mixed feeding, having painful breasts when at work was the complaint of the nursing mothers and expensive infant milk formula. Other problems include difficulty in preparing milk and the child easily infected by illness. The four things most needed by working nursing mothers were: a) more time to recuperate after giving birth and more time for the newly born baby to breastfeed; b) more time during the working day to breastfeed or express milk; c) center in the workplace where the mother or caregiver can bring the child to workplace; and, d) private space or room to breastfeed or express milk for the infant. It was measured that the perception of the working nursing mothers as to the possible interventions to promote breastfeeding varies significantly. The following interventions were identified necessary to sustain breastfeeding; a) provision of lactation station or space in the workplace intended for nursing mothers to privately express and store their breast milk or to breastfeed their infant; b) provision of child care center in the workplace; c) compensable time during working hours to breastfeed or express milk since feeding an infant or even expressing milk takes time; and d) three (3) months maternity leave instead of two (2) months maternity leave for longer recuperation time and longer period to exclusively breastfeed an infant.