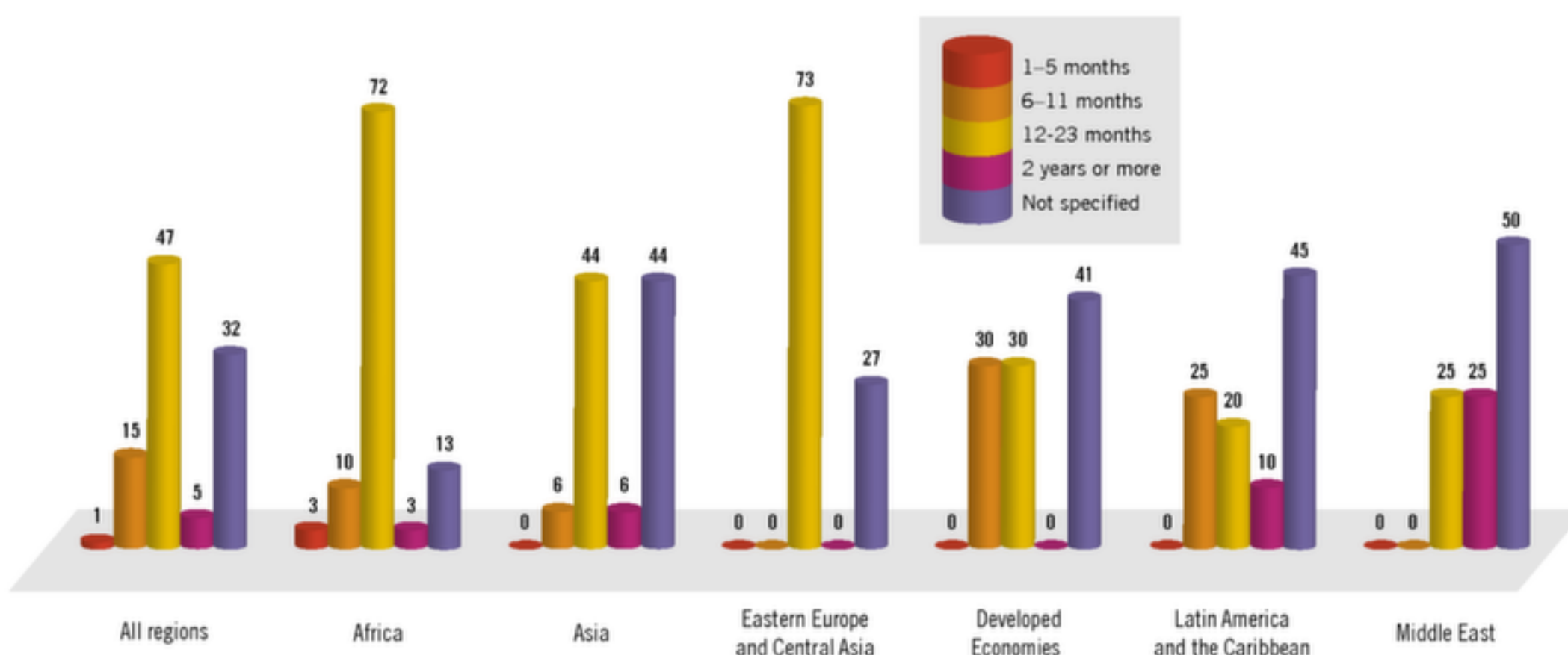


Figure 6.3 Duration of the entitlement to nursing breaks, 2013 (123 countries with provisions) (%)

Note: Figures may not add up to 100 per cent due to rounding. The category "Not specified" includes countries in which breastfeeding breaks are provided, but the duration of the entitlement is not specified.

Source: ILO Working Conditions Laws Database – Maternity Protection. Available at: <http://www.ilo.org/travdatabase> [1 Apr. 2014].

with available information offered nursing breaks beyond the child's second birthday.

Looking at legislation by region, 33 countries in Africa offer breastfeeding breaks for at least six months and, of those, 29 countries made provision for at least a year. Egypt provides breaks for up to two years. In Asia, nine countries provide at least six months of breastfeeding breaks, while seven countries provide one year of breaks and the Islamic Republic of Iran provides up to two years of breaks. In Eastern Europe and Central Asia, eight countries provide breaks of at least a year, and four provide for up to 18 months (Azerbaijan, Kazakhstan, Russian Federation and Tajikistan). In the Developed Economies, 16 countries provide at least six months of breaks, with six offering a year (Czech Republic, France, Italy, Portugal, Romania and the United States). Estonia and Latvia allow 18 months, the longest provision. In Latin America and the Caribbean, 11 countries provide at least six months of breastfeeding breaks, with four of these providing 12 months (namely Bolivia, Cuba, Dominican Republic and Peru). Argentina and Chile offer up to two years. Of the Middle Eastern countries, Jordan and the United Arab Emirates allow, respectively, 12 and 18 months of breastfeeding breaks from the birth of the child, while Syria and Bahrain provide for two years.

Scope

Convention No. 183 and previous ILO maternity protection standards define nursing breaks as a right of breastfeeding women, intended to provide time for women to feed their children or express milk for later bottle feeding. In some countries, however, the scope of eligibility has become broader, in recognition of the fact that nursing breaks, including bottle feeding, are connected to the well-being of the child and that extending nursing breaks to mothers and fathers is an important measure to promote the sharing of care-giving responsibilities and to create a workplace environment that enables both breastfeeding and work–family balance, without precluding nursing workers' rights to nursing breaks.

Research has also shown the importance of the role of fathers in promoting and supporting breastfeeding (such as, Rempel and Rempel, 2011; Bar-Yam and Darby, 1997;) and that their involvement can increase breastfeeding rates (see, for example, Mitchell-Box and Braun, 2013). In Mongolia, women employees and single fathers with a child are entitled to additional breaks for childcare or feeding. In Uzbekistan, whoever cares for the child can take the permitted breaks. In Portugal, the breaks can be split between mothers and fathers. In Tajikistan, the break entitlements are applicable to fathers or legal guardians who are raising the children themselves. In Italy, the father is entitled to the