



# A Parent's Guide to the Breastfeeding Policy

**We support the right of all parents to make informed choices about infant feeding. All our staff will support you in your decisions. We believe that breastfeeding is the healthiest way to feed your baby and we recognise the important benefits which breastfeeding provides for both you and your child. We therefore encourage you to breastfeed your baby**

## **Ways in which we will help mothers to breastfeed:**

- All relevant Health and Children's Centre staff have been trained to help you breastfeed your baby.
- During your pregnancy you will be able to discuss breastfeeding individually with a Midwife or Health Visitor who will answer any questions that you may have.
- We recommend that you hold your new baby against your skin as soon as possible after birth. Staff should not interfere or hurry you but will support you with your first feed.
- A Midwife or another trained staff member will be available to explain how to put your baby to the breast in the early days and a Health Visitor and other members of the Health and Children's Centre team will provide support later on.
- We will show you how to express your breast milk and give you written information about this.
- We recommend that you keep your baby near you so that you can learn when he/she is ready to feed.
- We will encourage you to be responsive to your baby's needs and feed whenever he or she seems hungry and we will show you how to know that they are getting enough milk and how to manage night feeds safely.
- We recommend that you avoid using bottles, dummies and nipple shields whilst your baby is learning to breastfeed because it can make it more difficult for baby and can interfere with establishing a good milk supply.
- Most babies do not need anything other than breast milk until they are six months old. If you are advised to offer your baby any other food or drink before this time, you should be provided with a full explanation for the guidance given.
- We will help you recognise when your baby is ready for other foods (normally at about six months) and explain how these can be safely introduced.
- We will give you a list of people who you can contact for extra help or support with breastfeeding and information to help you breastfeed when you are out and about.
- We welcome breastfeeding in all our premises. Please ask a staff member if you would prefer privacy.

**(This is your guide to the policy. Please ask staff if you wish to see the full version.)**