



## **North City Children's Breastfeeding Policy**

### **Principles & Aims**

#### **What we believe**

- Breastfeeding is the healthiest way for a mother to feed her baby,
- Breastfeeding has lifelong health benefits for both mother and baby.
- Breastmilk is all a baby needs for the first six months of life.

#### **What we will do**

- Provide clear information to help mother's choose how to feed their baby.
- Support mothers who attend the centre and our outreach venues if they wish to breast feed
- In partnership with the North City Area Health Visiting team, support mothers with electric breast pumps and the purchase of hand pumps when required
- Provide a suitable environment to support breastfeeding mothers
- Involve fathers and other family members in discussions if possible and show them how they can help.
- Provide support to include advice on weaning.
- Train all relevant staff to support in the delivery of this policy and provide consistent information and support to all parent/carers

This policy respects all individual cultures, and does not discriminate on the grounds of disability, age, gender, race, religion, or sexual orientation.

### **The seven point plan for sustaining breastfeeding in the community**

1. Have a written breast feeding policy
2. Train all relevant health-care staff involved in supporting mothers and babies in the skills necessary to implement the policy
3. Inform all pregnant women about the benefits and management of breast feeding
4. Support mothers to maintain breastfeeding
5. Encourage exclusive and continued breastfeeding, with appropriately-timed introduction of complementary foods
6. Provide a welcoming atmosphere for breast feeding families
7. Promote co-operation between health-care staff, breast feeding support groups and the local community.

