

## **Breastfeeding**

We support the right for all parents to make informed choices about infant feeding and our staff will support you in your decisions.

Our setting believes that breastfeeding is the healthiest way to feed a baby and we recognise the important health benefits it provides for both the mother and her child and therefore we will encourage and promote breastfeeding. (Breastfeeding includes expressed milk)

Breast milk contains all the nutrients needed, in the right quantities and in a form that babies can easily absorb. It also provides antibodies and bacteria that help protect against infections and allergies. Evidence shows that breastfeeding has many health benefits for Mother and baby including reducing the risk of obesity.

By promoting breastfeeding, we recognise that our setting can make a positive contribution to helping babies get the best start in life. We understand we have an important role to play in encouraging and supporting mothers to continue breastfeeding and will offer support through our policies and procedures and staff training practices.

**Aim** To promote positive attitudes to breastfeeding by offering support and encouragement to mothers who wish to continue to breastfeed. This will support advice from the Department of Health that exclusive breastfeeding is recommended for the first six months of life and should continue beyond six months along with appropriate types and amounts of solid foods.

### **Ways in which this setting will support, encourage and promote breastfeeding**

- Our breastfeeding policy will be displayed on our premises to inform users that breastfeeding is welcomed.
- Wherever possible we will promote on leaflets and information about our setting that we support breastfeeding.
- All our staff will offer help, support and encouragement to mothers to continue to breastfeed.
- A comfortable and wherever possible private area which is appropriately equipped for breastfeeding mothers to feed their baby or express their milk will be available.
- We will wherever possible make available a specific location where expressing equipment can be safely and hygienically stored.
- Fresh drinking water will be available at all times for mothers wishing to breastfeed their baby or express breast milk.
- Suitable facilities for the storage of expressed breast milk are available, all breast milk will be clearly labeled, stored in a fridge below 4°C and used within 5 days.
- Exclusively breastfed babies will be fed expressed breast milk on demand.
- A bottle or cup will be used when feeding the baby breast milk depending upon the age and stage of development of the baby and the mothers preferred choice of drinking vessel.
- As it takes time to accept breast milk from a stranger, one carer will aim to consistently be the main feeder and we will ask parents to bring in something the baby will find comforting during feeds such as a blanket.
- A dummy or bottle would never be offered to any breastfed baby without the parents consent.
- Our staff understand that babies do not need to be given anything other than breast milk until they are six months old and will work with parents to recognise when their baby is ready for weaning and provide information about how solid foods can be slowly introduced.
- Breastfeeding will be promoted at the setting through the use of resources, books, imaginative play and discussions with staff and children.
- Information about the rights of working and breastfeeding mothers will be available to all new parents joining the nursery, as many may not be aware of the legislation that exists.

- A list of telephone numbers (or other means of contact) of local breastfeeding support services with appropriately trained staff to support breastfeeding mothers and a breastfeeding helpline will be available for parents.
- Our setting will aim to support and promote 'National Breastfeeding Week'.
- The sensitivity of personal opinions of staff will be acknowledged but will not detract from the aims of the policy.
- All employees will be informed of their rights provided under this policy as part of their equal opportunities training or their induction programme.
- A risk assessment will be undertaken in relation to all employees who plan to continue breastfeeding after their maternity leave has ended.
- Support and advice will be given to staff members who are breastfeeding mothers who wish to continue breastfeeding on their return to work.

**Handling objections/complaints from other members of the public** If a member of the public objects to a mother breastfeeding, the complainant will be informed about the Equality Act 2010.

#### **Further information**

- A guide to the breast milk it's amazing campaign [www.amazingbreastmilk.nhs.uk](http://www.amazingbreastmilk.nhs.uk)
- For information on the most up to date advice on breastfeeding, introducing solid food and active play visit [www.nhs.uk/start4life](http://www.nhs.uk/start4life)
- For information about National Breastfeeding Week visit [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk)
- National Breastfeeding Helpline 0300 100 0212
- For Breastfeeding peer support call 0151 652 8952 or email [breastfeeding@homestartwirral.co.uk](mailto:breastfeeding@homestartwirral.co.uk)

**This policy was revised & updated on the 15<sup>th</sup> August 2022**  
***Eversley Nursery School***