



A PARENTS GUIDE TO OUR COMMUNITY 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 importance benefits which breastfeeding provides for both you and your child. We therefore encourage you to breastfeed your baby for as long as possible.

WAYS IN WHICH WE WILL HELP MOTHERS TO BREASTFEED SUCCESSFULLY IN THE COMMUNITY

All the Health Care Team staff have been specially 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 you may have.
- We recommend that you hold your new baby against your skin as soon as possible after birth. The staff will not interfere or hurry you but will be there to support you and to help you with your first breastfeed. Further discussion with your Health Visitor will follow at your Primary Visit.
- Your Health Visitor will review your breastfeeding progress at the Primary Visit and develop your own plan of care.
- We will show you the signs that your baby is getting enough milk. You will be helped to recognise when breastfeeding is not going well and who to contact.
- We will show you how to express your breastmilk and give you some written information about this. Your Health Visitor will give you a copy of the 'Off to the Best Start' leaflet if you have not already received one.
- We recommend that you keep your baby near you whenever you can so that you can get to know each other. We will give you written information about bed sharing and infant safety.
- We will encourage you to feed your baby whenever your baby seems to be hungry. Health Care Team Staff will explain feeding cues and how to respond to them. You will also be given information about normal feeding patterns.
- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. This is because they can make it more difficult for your baby to learn to breastfeed successfully and for you to establish a good milk supply.
- We welcome breastfeeding in all areas of our premises. If you prefer somewhere private, please ask a member of staff.
- All breastfeeding mothers will be informed about breastfeeding support within their local area- Bosom Buddy Groups. You will also be given contact details of your Health Visitor who has had further training on breastfeeding management.

**THIS IS YOUR GUIDE TO THE COMMUNITY BREASTFEEDING POLICY.
PLEASE ASK A MEMBER OF STAFF IF YOU WISH TO SEE THE FULL
POLICY.**

**Please ask your Health Team Member if you have not received these 'Off
To the Best Start' Booklet and 'Best Beginnings' DVD**

A Smith October 2011

