

Rationale

Breastfeeding is a valuable contributor to children's on-going health and development benefiting both mother and child. The Ministry of Health recommends exclusive breastfeeding until babies are around six months old. Breastfeeding mothers need community support so they are able to breastfeed for as long as they can in order to provide the best nutrition for their baby.

Goals

A social, physical and supportive environment will exist to promote breastfeeding.

This service will:

- Ensure mothers are supported in continuing to breastfeed their children
- Provide a place for breastfeeding parents to feel safe feeding their child
- Ensure safe practices are in place for breast milk storage and heating
- Provide education for children, parents and families about breastfeeding.

Strategies

- All staff will support breastfeeding families and in turn be supported to breastfeed their own children
- A quiet, comfortable area is always designated and available for breastfeeding mothers to nurse their children
- Space is available in the refrigerator to store expressed breast milk for children
- Staff will follow safe food practices in storing and reheating expressed milk
- Information and support for breastfeeding will be provided through newsletters, pamphlets and workshop sessions
- Children will have opportunities to develop awareness of breastfeeding and its purpose through play and education sessions such as observing pets and zoo animals and their young, books and dolls.

SIGNATURE: _____

DATE: _____

REVIEW DATE: _____