

Our breastfeeding policy: a guide for parents

Breastfeeding is the healthiest way to feed your baby and is good for you too. We therefore encourage you to breastfeed your baby.

We believe all parents have the right to choose how they feed their baby. Our staff will support you whatever your decision.

Ways we will help you to breastfeed successfully

- All staff have been specially trained to help you to breastfeed your baby.
- During your pregnancy, you can discuss breastfeeding with a midwife or health visitor who will answer any questions you may have.
- A midwife will be available to explain how to feed your baby in the early days. A health visitor will provide support later on.
- We will show you how to express your breast milk and we will give you written information about this.
- You will be encouraged and supported to hold your new baby against your skin as soon as possible after birth and keep him or her near you whenever you can.
- We will give you information and advice about how to manage night feeds.
- We will encourage you to feed your baby whenever he or she seems hungry and we will explain to you how you can tell that your baby is getting enough milk.
- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. They can make it more difficult for your baby to learn to breastfeed successfully and for you to establish a good milk supply.
- Most babies do not need to be given anything other than breast milk until they are six months old. If for some reason your baby needs some other food or drink before this, the reason will be fully explained to you. Please contact your health visitor or dietitian if you have any questions about what to feed your baby.
- We will help you to recognise when your baby is ready for other foods (normally at about six months) and explain how these can be introduced.
- We welcome breastfeeding on our premises. We will give you information to help you breastfeed when you are out and about.
- We will give you a list of people who you can contact for extra help and support with breastfeeding, or who can help if you have a problem.



If you would like to discuss this policy in more detail, please contact NHS City and Hackney Breastfeeding Coordinator on 0207 275 6031