

Mothers Guide to the Hospital s Breastfeeding Policy

This hospital supports the right of parents to make informed choices about infant feeding. All staff will support you in your decision. We believe that breastfeeding is the healthy way to feed you baby and we recognise the important benefits which breastfeeding provides for both you and your child. We therefore encourage you to breastfeed.

Ways in which we will help you to breastfeed:

- ✓ Our staff are specially trained to help you to breastfeed your baby.
- ✓ During your pregnancy, you will be able to discuss breastfeeding individually with a midwife who will answer any questions you may have.
- ✓ You will have the opportunity to hold you baby against your skin soon after birth. The staff will not hurry you or interfere but will be there to support you and help you with your first breastfeed.
- ✓ A midwife will explain how to put your baby to the breast and will help with feeds as needed.
- ✓ You will be shown how to express your breastmilk. You will be given written information on this which you can refer to when you are at home.
- ✓ Most babies do not need to be given any thing other than breastmilk for their first 6 months. If for some reason you baby needs some other feed, the reason will be explained to you by the staff before you are asked to give your permission.
- ✓ Normally, you baby will be with you at all times. If you need to be separated, you will be assisted to maintain breastfeeding and contact with your baby.
- ✓ You will be encouraged to feed your baby whenever he or she shows signs of needing to feed, with no time restrictions.
- ✓ We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. They can change the way your baby sucks, making it more difficult to breastfeed.
- ✓ Before you leave hospital, you will be given information on people you can contact for help and support with breastfeeding when you are at home.

This is your guide to the hospital s breastfeeding policy. Please ask a member of staff if you would like to see the full policy.