

## Useful contacts

### Breastfeeding Support Worker

Telephone:

### Health Visitor

Telephone:

### National Breastfeeding Helpline

0300 100 0212

[www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk)

### La Leche League

0845 120 2918

[www.laleche.org.uk](http://www.laleche.org.uk)

### National Childbirth Trust

0300 330 0771

[www.nct.org.uk](http://www.nct.org.uk)

### Association of Breastfeeding Mother's Counselling Helpline

08444 122 949

[www.abm.me.uk](http://www.abm.me.uk)

### The Breastfeeding Network's Supporter Line

0300 100 0210

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

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# A parent's guide to our breastfeeding policy



## Breastfeeding is the healthiest way to feed your baby.

### It reduces the risk of:

- Diarrhoea, vomiting and gastroenteritis
- Chest infections
- Being obese and developing type 2 diabetes and other illnesses later in life
- Ear infections
- Sudden infant death syndrome/cot death
- Developing eczema.

### Breastfeeding is good news for mum as it:

- Lowers the risk of breast cancer
- Lowers the risk of ovarian cancer
- Lowers the risk of postnatal depression.

### Ways in which we will support you to breastfeed

All staff supporting breastfeeding mothers are fully trained to help with breastfeeding.

Before your baby is born, you will have an opportunity to talk about feeding your new baby. This normally happens before you are 32 weeks pregnant but we encourage you not to make any decisions about feeding until your baby is born.

Following the birth of your baby you will be given time to have skin to skin contact. Cuddling your baby in this way encourages his first feed. It keeps baby warm and calm, regulates his heart rate and breathing.

We will teach you how to position and attach your baby correctly for feeds.

You will be shown how to hand express and safely store your milk and you will be given written information about this.

We will encourage you to feed your baby whenever he or she is hungry and will explain to you how you can tell if your baby is getting enough milk. The more feeds you give the more milk you will make.

We will give you information and advice on how to manage night feeds and to help you breastfeed when you are out and about.

Keeping your baby close, particularly at first, helps you get to know each other and to recognize when your baby needs to feed. We will give you information about sharing a bed with your baby safely.

We do not recommend the use of teats, dummies or nipple shields when your baby is learning to breastfeed. Babies suck differently at the breast and using these can confuse them. This may make it harder for them to learn to breastfeed well and for you to build up a good milk supply.

Most babies do not need to be given anything other than breast milk until they are around six months old. If for some reason your baby needs some other food or drink the reason will be fully explained to you.

We will help you recognize when your baby is ready for other foods and explain how these can be introduced (normally at around six months). Breastfeeding should continue as long as you and your baby wish.

We will give you information about how to continue breastfeeding should you wish to return to work or college.

We welcome breastfeeding anywhere in all our premises but if you would prefer somewhere private, please ask.

Please ask a member of staff if you wish to see the full policy.

