

A parents guide to the Infant feeding policy

'Breastfeeding is the healthiest way to feed your baby'

We recognise the important health benefits for you and your baby and we want to do all we can to support you in your decision to breastfeed. Within our organisations there is an Infant feeding policy based on "The UNICEF UK Baby Friendly Initiative" best practice standards, that guide staff in their practice (**please ask if you would like to see a copy of this policy**)

The Policy includes:

Staff training

All staff working with mothers and babies have regular training to support you to successfully breastfeed

Information during your pregnancy :

You will be given information about the benefits of breastfeeding and ways that you can help breastfeeding get off to a good start

Holding your baby close

You will be encouraged to hold your baby in skin-to-skin contact as soon as possible after birth , for as long as you like. This is your first opportunity to see your new baby and staff will try not to interfere or hurry you.

Bonding

We recommend keeping your baby near you in the first 6 months so you can respond to your baby's feeding cues. We encourage baby-led feeding for your newborn, as feeding as often and for as long as your newborn needs will ensure your baby is getting enough milk.

Showing you how to breastfeed and make enough milk for your baby.

You will be offered help and support on how to position and attach your newborn baby to your breast and be shown different positions as your baby grows.

Supporting exclusive breastfeeding

You will be shown how to hand express your milk. This is helpful for expressing milk and avoiding/managing breastfeeding challenges.

Dummies and teats

We recommend that you avoid dummies, teats or nipples shields while you both learn to breastfeed, because this might make it more difficult for your baby to learn to breastfeed successfully , and for you to establish a good milk supply.

Exclusive breastfeeding for at least 6 months

We will encourage you to offer your baby your milk only, for their first six months and then introduce your family foods alongside your breast milk after this.

Formula substitutes

If formula milk supplements are recommended by staff, this will be for a medical reason only and you will be given full information about why this is being suggested.

Breastfeeding Welcome

All health care facilities in NHS Cambridgeshire welcome breastfeeding parents and their babies as well as all Children's Centres run by the local authority.

Breastfeeding support

We will give you current, up to date information, of your local professional breastfeeding support, voluntary groups and national help lines.

