Isobel Mair Family Centre

Breastfeeding policy

Introduction

Breastfeeding can make a substantial contribution to child health and development. Breastfeeding offers protection to children from a range of conditions including chest and ear infections, stomach bugs, obesity and diabetes. Mothers who breastfeed also have a lower risk of ovarian cancer, breast cancer and hip fracture in later life (The Breastfeeding etc. (Scotland) Act 2005).

A key benefit of breastfeeding is that it can happen at any time and in any place, but for it to be effective, both mother and child should feel relaxed.

The Breastfeeding etc. (Scotland) Act 2005

The Breastfeeding etc. (Scotland) Act which has been in place since 2005 has been further strengthened by the introduction in Great Britain of the Equality Act 2011. Both Acts make it an offence to prevent or stop a child who is permitted to be in a public place or licensed premises from being fed milk in that place or on those premises.

Towards National, Regional and Local Strategies for Breastfeeding suggests that Schools and education authorities can provide accurate and impartial information and support by:

* Providing infant feeding education in schools
* Using positive and culturally appropriate images of breastfeeding
* Avoiding materials which promote artificial feeding
* Increasing parents’ access to impartial information

Aims and Objectives of Isobel Mair Family Centre

Staff at Isobel Mair Family Centre are committed to the health and wellbeing of all children and families. Through supporting and working towards Breastfeeding Friendly Accreditation we aim to contribute to social and cultural change by promoting an environment where breastfeeding is seen as the normal way to feed infants and young children. Our objectives are:

* To provide appropriate education and training for staff to enable them to promote, protect and support breastfeeding.
* To maintain a minimum 80% of staff trained to Breastfeeding Welcome Awards standards.
* To support informed choice in relation to infant feeding
* Too increase awareness of sources of support and information for breastfeeding families.
* To use resources which reflect breastfeeding as the cultural norm.
* To provide a welcoming atmosphere for breastfeeding families and to encourage breastfeeding in the public areas of the establishment.
* To support breastfeeding staff/users.
* To contribute to the promotion of social and attitude change in relation to breastfeeding.
* To develop public acceptability and the promotion of breastfeeding.
* To demonstrate the standard required to meet the criteria for the Breastfeeding Welcome Award.
* To ensure all equipment and resources are reviewed regularly and reflect a positive image of breastfeeding.

Guidance and Curriculum Links

To enable us to write and implement an effective policy we have used information from the following:

* Setting the Table: Nutritional guidance and food standards for early years childcare providers in Scotland (NHS Health Scotland, 2015)
* Nutritional Guidance for the Early Years: Food Choices for Children Aged 1- 5 Years in Early Education and Childcare Settings (2006)
* Adventures in Foodland (NHS Health Scotland, 2004)
* Improving Maternal and Infant Nutrition a Framework for Action (2011)
* Pre Birth to Three: Positive Outcomes for Scotland’s Children and Families
* Curriculum for Excellence

Breastfeeding is not specifically mentioned within the Curriculum for Excellence, health and wellbeing outcomes. However breastfeeding is clearly crucial to the overall strategy of improving Scotland’s long term health. Examples of where breastfeeding can be supported through Curriculum for Excellence are:

* “I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.” **(HWB 0-015a)**
* “I am aware of my growing body and I am learning the correct names for its different parts and how they work.” **(HWB 0-47b)**
* “I am learning what I can do to look after my body and who can help me.” **(HWB 0-48a)**
* “I am learning about where living things come from and about how they grow, develop and are nurtured.” **(HWB 0-050a)**
* I am able to show an awareness of the tasks required to look after a baby.” **(HWB 0-51a)**

The Family Centre Environment

To ensure we are continually providing an atmosphere where breastfeeding is supported, encouraged and protected we strive to always:

* Ensure equal opportunities for all our children
* Collaborate with other agencies
* Review resources in line with suggested guidelines
* Remove items that depict formula feeding as the cultural norm
* Provide information free from advertising
* Develop systems to ensure this process is ongoing
* To provide a welcoming atmosphere for breastfeeding families
* To ensure staff are aware of resources available
* To ensure the physical environment of the establishment supports breastfeeding

Further Information

The Breastfeeding in Scotland website: [www.show.scot.nhs.uk/breastfeed](http://www.show.scot.nhs.uk/breastfeed)

The Scottish Executive: Childandmaternalhealth@scotland.gsi.gov.uk

Setting the Table: [www.healthscotland.com/documents/21130.aspx](http://www.healthscotland.com/documents/21130.aspx)

Off to a Good Start: <http://www.healthscotland.com/documents/120.aspx>

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