

St Joseph's Primary School



Breastfeeding Policy.

Rationale

“Breastfeeding is the healthiest way to feed your baby. Exclusive breastfeeding (giving your baby breast milk only) is recommended for around the first six months (26 weeks) of your baby’s life. After that, giving your baby breast milk alongside other food will help them continue to grow and develop healthily. Breastfeeding is good for babies. Breastfed babies have:

- less chance of diarrhoea and vomiting and having to go to hospital as a result
- fewer chest and ear infections and fewer visits to hospital as a result
- less chance of being constipated
- less likelihood of becoming obese and therefore developing type 2 diabetes and other obesity-related illnesses later in life
- less chance of developing eczema

“Any amount of breastfeeding has a positive effect. The longer you breastfeed, the longer the protection lasts and the greater the benefits.” (www.breastfeeding.nhs.uk)

According to the Breastfeeding etc. (Scotland) Act 2005 it is an offence to prevent or stop a person in charge of a child feeding them in a public place. This means that any person should be able to feed a child when required without the fear of interruption or criticism.

Objectives

At St. Joseph's Primary School we promote the benefits of breastfeeding by:

- Adhering to The Breastfeeding etc Scotland Act (2005), Equality Act (2010) and East Renfrewshire Council policy guidelines
- Supporting employees returning to work who wish to continue to breastfeed their baby
- Providing a welcoming environment for breastfeeding families displaying UNICEF's posters throughout the school.
- Ensuring staff welcome families by helping them to feel comfortable and supported to breastfeed in an area suitable to them, without disturbance and with the option of privacy if preferred.

- Supporting breastfeeding staff, helping mother and baby to feel relaxed.
- Contributing to the promotion of social and attitude change in relation to breastfeeding
- Maintaining a minimum of 80% staff attending Breastfeeding Welcome training thus enabling them to promote, protect and support breastfeeding, reviewing this on an annual basis.
- Developing public acceptability and promoting breastfeeding
- Advertising Breastfeeding support groups on notice boards throughout the school
- Displaying and informing staff/visitors of breastfeeding benefits.
- Using resources which reflect breastfeeding as the cultural norm.
- All books, posters and toys will be continually reviewed by staff to promote breastfeeding.

Reviewed: June 2023

Next Review: June 2024