



Netherlee Primary and Nursery Class Breastfeeding Policy

This policy document has considered advice as outlined in the following documentation:

- Scottish Government equality outcomes 2013
- Breastfeeding Scotland Act 2005
- East Renfrewshire Council Policy Statement for Staff and Public
- Family Friendly Framework

Breastfeeding is recognised as the preferred way to feed infants and is associated with improved health outcomes for both mother and child. The Scottish Government therefore, in line with the World Health Organisation (WHO) recommends exclusive breastfeeding for the first six months of an infant's life.

Benefits of breastfeeding:

- Breast milk is the only natural food designed for your baby.
- Breastfeeding protects your baby from infections and diseases.
- Breastfeeding provides health benefits for mum.
- It's free.
- It's available whenever and wherever your baby needs a feed.
- It's the right temperature.
- It can build a strong physical and emotional bond between mother and baby.
- It can give you a great sense of achievement

Aims:

- to protect a mother's right to choose to breastfeed her baby in any public area without interruption or intrusion as outlined in the Breastfeeding Act (Scotland) 2005.

Objectives:

- To provide education and training for all staff to enable them to promote, protect and support breastfeeding.
- To encourage and support more mothers to breastfeed and to promote the social acceptability of breastfeeding in public.
- To develop an ethos where breastfeeding is encouraged, supported and protected in all areas of the nursery and school.
- To support an informed choice in relation to infant feeding by providing a range of information.
- To support breastfeeding staff/users
- To use resources which reflect breastfeeding as the cultural norm.

Guidance:

- If a mother is happy and secure to feed her baby in a public area of our premises then she should be made to feel comfortable to continue.
- Staff can provide additional support such as offering a chair for their comfort or

glass of water.

- If a mother expresses a wish to feed her baby in private, staff should respond positively and advise of possible arrangements within the building.
- Any request should be accommodated as far as is reasonably practical.
- It may be the case that an empty office or interview room is available to be used.
- Toilets are **not acceptable** as a private space to breastfeed and therefore **should not** be offered as a suggestion to customers.
- Display 'Breastfeeding Welcome' signs and posters in all premises where they can be seen by members of the public.
- Ensure all staff are aware of the aims and principles of the policy including providing updates for new staff as required.
- Make staff aware of the facilities within their service to support breastfeeding mothers and be able to signpost to further information or support.
- Ensure that all staff receive yearly 'Breastfeeding Welcome' refresher training and full training for new starts as required.
- To maintain (minimum 80%) staff trained to Breastfeeding Welcome Award standards which should be reviewed on an annual basis or if there are significant staffing changes.
- Ensure Breastfeeding Friendly Nursery aims and objectives are incorporated into the Nursery Handbook and displayed in the nursery section of the school website.
- Take opportunities to share the benefits of breastfeeding through noticeboards and newsletters

Resources:

In Netherlee Nursery Class, we audit all resources (e.g. books, posters, toys) systematically to ensure that breastfeeding is promoted as the cultural norm:

- Remove or replace children's books that show bottles being used to feed babies, dolls or animals
- Remove or replace resources that contain pictures of infant feeding bottles
- Remove or replace items that use bottles or teats as a symbol for babies
- Remove or replace toys which promote bottle-feeding as the cultural norm e.g. toys that come with bottles (bottles can be replaced with cups).

For further support and information on Breastfeeding Support contact:

www.nct.org.uk/breastfeeding

www.breastfeeding.nhs.uk

- National Breast feeding Helpline 0300 100 0212
- La Leche League 0845 120 2918
- Association of Breastfeeding Mothers 0300 330 5453
- East Renfrewshire Support Groups are available every week at:
- Breastfeeding Support Group Albertslund Hall, Newton Mearns (Wednesday at 1pm)
- Barrhead Baby Café, Arthurlie Family Centre (Thursday at 1.30)
- Locally available antenatal and postnatal support from the Health Improvement Team 0141 577 8436

(Revise November 2016)