



Netherlee Nursery Class

Breastfeeding Friendly



Breast feeding is recognised as the preferred way to feed infants and is associated with improved health outcomes for both mother and child. The World Health Organisation recommends exclusive breastfeeding for the first 6 months of an infant's life.

In Netherlee Nursery Class we have gained Breastfeeding Friendly Nursery accreditation. Families can be reassured that staff have been trained to promote breastfeeding. All staff are aware of The Breastfeeding etc. (Scotland) Act 2005 which makes it unlawful to prevent or stop a child being breastfed in any public area where children are normally allowed. Breastfeeding is further protected under the Equality Act (2010) and East Renfrewshire Council Policy Statement for Staff and Public.

In Netherlee Nursery Class we aim to provide an atmosphere where breastfeeding is encouraged, supported and protected and promoted as the cultural norm.

Objectives

- To provide education and training for all staff to enable them to promote, protect and support breastfeeding.
- To provide an atmosphere where breastfeeding is encouraged, supported and protected in all areas of the nursery establishments.
- To support an informed choice in relation to infant feeding.
- To support breastfeeding staff/users and increase awareness of support and information for breast feeding.
- To contribute to the promotion of social and attitude change in relation to breastfeeding in order to develop public acceptability and the promotion of breastfeeding.
- To use resources which reflect breastfeeding as the cultural norm.
- 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.
- To display posters and support materials that promotes breastfeeding throughout the nursery.
- 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.



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Resources

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

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

Breastfeeding helps children to get the best start in life

- It also protects the health of the mother.
- Breastfed babies are less likely to need hospital treatment.
- Breastfed babies are less likely to get ear, chest and tummy infections.
- Children who are breastfed are less likely to get diabetes, asthma and eczema.
- Breastfeeding lowers a mother's risk of breast cancer.
- Breastfeeding lowers a mother's risk of getting ovarian cancer and gives her stronger bones in later life.

Breastfeeding Support can be accessed by phoning:

- NCT Helpline 0300 330 0771
- 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:
 - 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)