

Greengairs Primary School & Nursery



Breastfeeding Friendly Scotland

Policy

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Greengairs Primary School & Nursery recognises the positive health benefits of breastfeeding to babies, young children, and breastfeeding mothers. Our establishment promotes and supports breastfeeding in ways such as:

* Providing an environment where breastfeeding is seen as a natural way to feed babies and young children.
* Supporting mothers who wish to breastfeed in our establishment to do so.
* Providing assurance to pregnant and breastfeeding employees that they will be supported if they wish to continue breastfeeding on return to work, through NLC ‘breastfeeding’ and ‘returning to work’ policies
* Being aware of local services that provide support and information to breastfeeding families should they require it

<https://www.breastfeedingnetwork.org.uk/breastfeeding-help/out-about/>

**This policy takes account of advice given by Scottish government:**

**Law and Policies Scotland**

**World Health Organisation (WHO)** and the **NHS** recommends… “Exclusive breastfeeding for 6 months followed by continued breastfeeding alongside the introduction of complementary foods for up to 2 years or beyond”.

**The Maternal and Infant Nutrition Framework (MINF)** aims to “Improve the nutrition of pregnant women, babies, and young children. It supports and promotes the benefits of breastfeeding and the importance of a healthy diet throughout early childhood”.

**Curriculum for Excellence**

Breastfeeding is important to the overall strategy of improving Scotland’s long-term health. Breastfeeding can be supported through the health and wellbeing area of the Curriculum for Excellence, through the following experiences and outcomes:

* HWB 0-15a I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.
* HWB 0-47b I am aware of my growing body, and I am learning the correct names for its different parts and how they work.
* HWB 0-48a I am learning what I can do to look after my body and who can help me.
* HWB 0-50a I am learning about where living things come from and about how they grow, develop, and are nurtured.
* HWB 0-51a I am able to show an awareness of the tasks required to look after a baby.

* HWB 1-32 I am beginning to understand that nutritional needs change at different stages of life, for example the role of breastfeeding in infant nutrition.

**Aims of our Breastfeeding Friendly Establishment:**

We aim to promote an environment where breastfeeding is viewed as a natural, healthy way to feed a child.

**Objectives:**

* To educate and train staff to enable them to support breastfeeding.
* To support informed choices in relation to infant feeding.
* To increase breastfeeding awareness with appropriate sources of support and information.
* To use resources which promote breastfeeding within our establishment, where appropriate.
* To support breastfeeding mothers, and ensure an allocated area for them to do so within our establishment.
* To promote a positive social attitude to breastfeeding.
* To work our way towards meeting the criteria for the Breastfeeding Friendly Award

If you have any enquiries in relation to breastfeeding at Greengairs Primary & Nursery, please do not hesitate to speak to a member of management staff.