



## Greengairs Primary School & Nursery



# Breastfeeding Friendly Scotland Policy



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:**

**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”.

### **Law and Policies Scotland**

- **The Breastfeeding etc Scotland Act (2005)** protects breastfeeding families and makes it an offence to stop someone feeding their child, if under 2, with milk. The legislation allows for fines for preventing breastfeeding in public places.
- **Equality Act 2010** is the law which bans unfair treatment and helps achieve equal opportunities in the workplace and in wider society. This enables breastfeeding mothers to feed out and about.
- **Breastfeeding Friendly Scotland (BFS)** aims to help businesses and people who breastfeed know their rights and responsibilities. Businesses in the scheme display an award with the BFS logo which lets people know they are part of the scheme, understand the law and that they support breastfeeding on their premises.

## **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.