

New Monkland Nursery Class



Getting it Right for Every Child

Breastfeeding Policy



*Written: June 2022
Review Date: June 2024*



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Rationale:

North Lanarkshire Council are working with NHS Lanarkshire and the Scottish Government to achieve the Breastfeeding Friendly Scotland Local Authority Award. Our vision is that Scotland will become a society that values breastfeeding and supports mothers to feed in the way that is best for them and their baby.

Breastfeeding is a global public health issue and recognised in the United Nations Convention on the Rights of the Child (UNCRC). Within Scotland, breastfeeding rates remain lower than we would wish for them to be. Of particular concern is that breastfeeding rates can be linked to levels of deprivation. Increasing breastfeeding rates in our most deprived areas would help reduce health inequalities.

Our aim is to normalise breastfeeding in all communities across Scotland and this means addressing 3 key issues.

- 1 – Increase maternal confidence in breastfeeding in public spaces (Breastfeeding Friendly Scotland Scheme).
- 2 – Introducing breastfeeding before any negative attitudes are formed (Breastfeeding Friendly Scotland Early Learning Scheme).
- 3 – Increasing knowledge of breastfeeding as our young people progress through their school career (The Breastfeeding Friendly Scotland Scheme).

Within the Curriculum:

Breastfeeding is crucial to the overall strategy of improving Scotland's long-term health and can contribute to the Curriculum of Excellence, health and wellbeing experiences and outcomes. Examples of where breastfeeding can be supported through Curriculum for Excellence at early level are:

- I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health – HWB 0-15a
- I am aware of my growing body, and I am learning the different parts and how they work – HWB 0-47a
- I am learning what I can do to look after my body and who can help me – HWB 0-48a
- I am learning about where living things come from and how they grow, develop and how they are nurtured – HWB 0-50a

Aim:

Within New Monkland Primary and Nursery our aims are:

- To promote an environment where breastfeeding is seen as the normal way to feed infants and young children.
- To promote informed infant feeding choices and responsive formula feeding.

- To support mothers wishing to breastfeed on our premises.
- To adopt a Breastfeeding and Returning to Work policy to assure pregnant and breastfeeding employees that should they wish to; they will be supported to continue breastfeeding on return to work.
- To be aware of local services where breastfeeding families can assess support and information and to signpost families to this support if desired.

Changes we have made:

- A breastfeeding champion has been appointed within the nursery.
- All staff have Breastfeeding training supplied by NHS Scotland via NLC portal. Staff are aware of the Early Learning Breastfeeding Friendly Scotland schemes and their role and responsibilities to support and protect breastfeeding.
- • Removal of dummies and bottles within the roleplay area in the playroom and introduction of slings, books and resources which promote and normalise breastfeeding.
- • Breastfeeding Return to Work Policy has been introduced for staff.
- • A private area within building (Rainbow room) is available for anyone to breastfeed who wishes for privacy, however staff are aware that breastfeeding is promoted anywhere within the nursery and this option should always be available.
- • Staff take the opportunity to speak to children about breastfeeding as part of discussions and as part of the curriculum.