



ST. ANDREW'S PS & NC

BREASTFEEDING FRIENDLY NURSERY POLICY

Rational: St. Andrews Nursery Class is a member of the Early Learning Scheme and a Breastfeeding Friendly Nursery. Staff in St Andrews Nursery have attended 'Breastfeeding Friendly' training and we promote and support breastfeeding. We have a designated infant feeding champion with responsibility for implementing and monitoring the scheme. As a Breastfeeding Friendly Nursery we have the following aims and objectives-

Aim: To contribute to social and cultural change by promoting an environment where breastfeeding is seen as the normal way to feed infants and young children.

Objectives:

- To provide appropriate education and training for staff to enable them to promote, protect and support breastfeeding.
- To support informed choice in relation to infant feeding.
- To increase awareness of sources of support and information for breastfeeding.
- To use resources which reflect breastfeeding as the cultural norm.
- To provide a welcoming atmosphere for breastfeeding families/staff and provide a comfortable area.
- To support breastfeeding staff/families.
- To contribute to the promotion of social and attitude change in relation to breastfeeding.

Conclusion: Breastfeeding has many benefits to both mother and baby. It lowers the risk of mum getting breast and ovarian cancer. It naturally uses up about 500 extra calories a day so mums who breastfeed often find it easier to lose their pregnancy weight. It saves money – formula feeding can cost as much as £45 a month. For babies, there is a lower risk of gastroenteritis, respiratory infections, sudden infant death syndrome, obesity, type 1 & 2 diabetes and allergies.

You are very welcome to breastfeed your child in the nursery. We have a quiet comfortable area for you to use.

