

## 03 Food safety and nutrition procedures

### 03.6 Breast feeding

We recognise the important benefits of breastfeeding for both mothers and their babies. All mothers have the right to make informed choices and staff will ensure that clear and impartial information is available to all mothers. Staff will fully support parent's choices.

We promote the Department of Health's recommendations on feeding infants, as follows.

- Breastmilk is the best form of nutrition for infants however we are very sensitive towards this topic as each parent has chosen to breast feed or bottle feed for their own/ child's personal reasons. Staff would never challenge this or advise otherwise.
- Six months is the recommended age for the introduction of solid foods for infants unless a Health Visitor or other medical professional has advised otherwise. If a parent chooses to wean their child from 4, 5 months and they are confident their child is developmentally ready we will support this within the setting and carefully supervise during meal times.
- We can support breastfeeding (and/or breast milk substitutes, if used) should it continue beyond the first six months, along with appropriate types and amounts of solid foods.

#### General

- Mothers are enabled and supported to feed their babies within the setting. Every effort will be made for mothers who wish to feed their babies in private to do so.
- Toilet and baby changing areas are not offered as areas for breastfeeding as these cannot offer a hygienic environment.
- If a visitor to the setting objects to a mother breastfeeding, the 'complainant' will be moved to an area where s/he can no longer view the mother. The mother will not be disturbed.
- Breastfeeding is supported and we will support parents to continue, anyway possible. Bottle/ formula fed babies parents are supported in the same way where possible too. Parents will never be made to feel they are inadequate or failing due to not breastfeeding their child.
- Staff do not discriminate against any mother in her chosen method of feeding and will not dictate choices to mothers.

#### Further Information and resources

Breastfeeding and bottle-feeding advice (NHS) [www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/](http://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/)