



Letham Nursery Breastfeeding Policy

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 people.

Introduction

It is known that breastfeeding can have enormous benefit to the health of both the mother and the child. However, as well as "knowing the benefits", supportive environments are needed to enable and support breastfeeding.

The Breastfeeding (Scotland) Act 2005 has now been introduced. This Act makes it an offence to prevent or stop a child who is permitted to be in a public place or licensed premises from being fed milk in that place or in those premises.

Towards National, Regional and Local Strategies for Breastfeeding suggests that schools can provide accurate and impartial information and support by:

- Providing infant feeding education in schools
- Using positive and culturally appropriate images of breastfeeding
- Avoiding materials which promote artificial feeding
- Increasing parents' access to impartial information.

Breastfeeding is crucial to the overall strategy of improving Scotland's long term health and can contribute to the Curriculum for Excellence,

Health and Well-being experiences and outcomes. Examples of where breastfeeding can be supported through Curriculum for Excellence are:

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.

Objectives

1. To provide appropriate education and training for staff to enable them to promote, protect and support breastfeeding
2. To support informed choice in relation to infant feeding
3. To increase awareness of sources of support and information for breastfeeding families.
4. To use resources which reflect breastfeeding as the cultural norm.
5. To provide a welcoming atmosphere for breastfeeding families and to encourage breastfeeding in the public areas of the establishment.
6. To support breastfeeding staff/users.
7. To contribute to the promotion of social and attitude change in relation to breastfeeding.
8. To develop public acceptability and the promotion of breastfeeding
9. To strive to meet the criteria for the Breastfeeding welcome award