

ABC NURSERY POLICY AND PROCEDURES**POLICY 30: Breast Feeding**

- 30.1 Our organisation promotes breastfeeding as the healthiest way for a woman to feed her baby. All mothers with children of breastfeeding age who attend the nursery will have access to clear and impartial information to enable them to continue to breastfeed/provide expressed breast milk whilst their child attends the nursery.
- 30.2 Members of staff will not discriminate against any woman in her chosen method of infant feeding and will fully support the choice the mother has made.
- 30.3 The Nursery will aim to:
- Ensure that the health benefits of breastfeeding are promoted at the setting
 - Have access to support and information enabling mothers to continue to breast feed, this should include information about the Infant Feeding Team and local support groups
 - Acknowledge Early Years Settings as key places to promote breastfeeding
 - Promote breastfeeding as a normal everyday activity as part of the child's routine
- 30.4 All staff will adhere to the principles of this policy. Any deviation from this policy must be justified and recorded.
- 30.5 The policy must be communicated to all members of staff at the setting including new members of staff as part of their induction programme. The policy will be made available to all members of staff, parents, carers and other lead professionals.
- 30.6 **Responsibilities of the Nursery are as follows:**
- Key staff will have undertaken the UNICEF breastfeeding mandatory training
 - Provide a separate fridge for the EBM to be stored in. The facility must be set between 0-4 degrees centigrade (this needs to be checked daily).
 - The milk must be stored in the main body of the fridge and not the door.
 - The milk must be used in date order.
 - When stored, the cream and the milk may separate out. This is normal. Shaking the bottle is not necessary.
 - Acknowledge that breast milk may not always be white in colour. A blue, pink or yellow hue is normal and does not indicate a problem with the milk.
 - Only re heat EBM by standing the bottle in hot water ensuring water doesn't enter the bottle when warming as it will contaminate the milk.
 - Any unused milk must be disposed of after the feed preferably in a sluice. EBM should not put down a domestic sink.

30.7 Responsibilities of the mother:

Breast milk must be stored and prepared under the correct conditions for the safety and health of the child. The following procedures must be followed by both the mother and the staff to enable expressed milk to be given to an infant attending the Nursery. Mothers wishing to bring expressed breast milk (EBM) into the Nursery should be aware of this policy and given a copy upon request.

- Breast milk can be expressed by hand or pump (electric or manual) .
- Breast milk must be handled and stored carefully to reduce cross infection.
- Staff should wear disposable gloves when handling EBM
- Breast milk should be brought into the setting in appropriate sterilised bottles/container.
- The bottles must be clearly labelled with the following:
 - Mother's name
 - Child's name
 - Date and time expressed
 - Mother's name
 - If frozen, date the EBM was removed from freezer

30.8 Breastfeeding on nursery premises: Settings must be able to provide facilities for those mothers who wish to feed their infant at the setting. For example, a mother who wishes to breast feed during her lunch break.

30.8.1 Responsibilities of the Mother

- The mother should give the setting prior notice of when she intends to attend to feed her baby.

30.8.2 Responsibilities of the Nursery

- The setting should provide a quiet space with an appropriate chair for the mother to use to feed her infant
- Hand washing and toilet facilities should be made available for the mother to use.

30.9 Promoting Breast Feeding within the Nursery:

- No advertising of breast milk substitutes, feeding bottles, teats or dummies should be displayed or promoted at the setting.
- Literature should be on display to promote breast feeding and should reflect the UNICEF "Ten Steps to successful Breastfeeding"

- The setting, where appropriate, will support campaigns such as National Breast Feeding Week.
- Staff will know where their local breastfeeding support group is and will be able to signpost mothers when appropriate.
- Upon first visit and induction, parents of a breastfeeding infant will be made aware that the setting is breast feeding friendly and a copy of the policy made available.
- The setting will actively encourage any mother who wishes to continue breast feeding upon return to work/college etc.
- Staff will be able to talk confidently and knowledgably about the benefits of breast feeding to parents and children (following UNICEF training).
- Staff will ensure that they are able to offer the support – either by themselves or through effective signposting, necessary for any mother who experiences difficulty in continuing to breast feed when their child starts at the setting.



