

SUPPORTING BREASTFEEDING AND SAFE INFANT FEEDING

Revised: March 2017

HNELHD and NSW Health support and encourage safe feeding for all babies. The HNELHD Breastfeeding Promotion, Protection and Support Policy describes our practices and guidelines related to infant feeding and is available on request.

This document supports all staff to continue breastfeeding their baby when they return to work and provides details on specific areas that can be used.

We acknowledge the value of antenatal education and provide information on class availability.

We have Breastfeeding clinics for continued support.



We train all those involved in your care about appropriate practice to support the safe and successful establishment of breastfeeding. This includes:

- Placing your baby skin to skin immediately after birth, allowing this time to bond without unnecessary separation (beneficial for all mothers and babies regardless of feeding choice).
- Supporting mother friendly labour and birthing practices.
- Keeping you and your baby together so you can gain confidence in recognising and responding to your baby's cues.
- Encouraging responsive breastfeeding
- Providing skilled assistance to work through breastfeeding challenges.
- Avoiding giving your baby anything other than breastmilk.
- Avoiding teats and dummies (pacifiers) that interfere with successful establishment of feeding.
- If you are separated from your baby we will help you to initiate and maintain your milk supply until you can be reunited.

We have guidelines for the safe use of infant formula so mothers and staff can make choices based on information rather than marketing.

All mothers who choose to artificially feed their baby will be given individual instruction on safe preparation and administration of formula.

Mothers and babies need competent care from trained health professionals and a community network that works together. We strongly encourage membership of the Australian Breastfeeding Association (ABA) and involvement in their local groups to complement the support available within the health system.

Ten Ways we Support Mothers and Babies to Breastfeed

1. Our staff are guided by a current breastfeeding policy
2. Our staff are provided with up-to-date information and education to help you breastfeed.
3. We provide opportunities during your pregnancy for you to learn about breastfeeding
4. We encourage you to hold your baby in skin-to-skin contact and help you to recognize when your baby is ready to feed (baby feeding cues).
5. We will help you to breastfeed and show you how to express your breastmilk, even if you are separated from your baby.
6. Your baby will only be given your breastmilk, unless there is a medical reason.
7. We encourage you and your baby to be together at all times.
8. We encourage you to breastfeed in response to your baby's feeding cues
9. We discourage the use of dummies and teats as they can interfere with establishing breastfeeding.
10. We will help you find local breastfeeding supports

References: Metro North Hospital and Health service. Online at https://www.health.qld.gov.au/_data/assets/pdf_file/0023/155417/feeding-support.pdf

Unicef/WHO "Ten Steps to Successful Breastfeeding" – Baby Friendly Health Initiative (BFHI)