

**Policy Name: Breast Feeding**

**Policy Number: 124**

### **Introduction**

Breast feeding is supported by all staff at The Chorley Surgery in line with Department of Health Infant Feeding Recommendations 2004 and the World Health Organisation.

The Chorley Surgery supports the assertions that:

- Breast milk is the best form of nutrition for infants
- Exclusive breastfeeding is recommended for the first six months of an infant's life
- Six months is the recommended age for the introduction of solid foods for infants
- Breastfeeding (and/or breast milk substitutes if used) should continue beyond the first six months, along with appropriate types and amounts of solid foods
- Breastfeeding has a major role to play in promoting health and preventing disease in the short and long term for both infant and mother.

### **Policy**

The Chorley Surgery working with the support of the midwifery and health visiting services will

- Ensure that all parents are supported to make an informed decision about feeding their baby based upon accurate, consistent, independent and evidence based information.
- Ensure that breastfeeding mothers are supported to initiate and maintain lactation
- Enable all breastfeeding infants to breastfeed successfully in order to achieve adequate nutrition and optimum growth

These are best achieved by multi-agency support and the development of a breastfeeding culture. All personnel have a responsibility to provide support and consistent information, to create a positive environment where more women choose to breastfeed their babies for as long as they wish to.

### **Breastfeeding at The Chorley Surgery site**

- There is poster located in the waiting room advising any visitor to the surgery that they can request some privacy and the practice will endeavour to provide a private area for the mother to breast feed
- Staff at the practice will support the breast feeding policy by the sensitive handling of any users of our service who may object to it; if necessary by finding the person somewhere else to sit away from the breast feeding mother
- A breast feeding mother will never be asked to move or to stop breastfeeding because someone else has requested this