



Parent's guide to the Infant Feeding Policy

This is your guide to the Infant Feeding Policy. Please ask a member of staff if you would like to see the full policy.

Aims

This Trust supports the right of all parents to make informed choices about infant feeding. We aim to create an environment and a culture where you feel staff will support you in your decision. We believe that breastfeeding is the healthiest way to feed your baby and we recognise the important health and emotional benefits which breastfeeding provides for both you and your child.

Ways in Which We Will Help You to Feed Your Baby Successfully

- All the staff will have been specially trained to help you to breastfeed your baby.
- During your pregnancy, you will be able to have conversations and ask questions with a Midwife or Health Visitor about breastfeeding and building loving parent-infant relationships.
- You will have the opportunity to have skin to skin contact with your baby soon after birth for as long as you wish and continue this until after your baby's first feed. You will be supported with your first breastfeed or, if you do not wish to breastfeed, your first formula feed in skin contact.
- A member of staff will be available to explain how to put your baby to the breast correctly and to help with learning about responsive feeding while you are in hospital.
- You will be shown how to express your breastmilk by hand and you will be given written information on this which you can refer to once you are home.
- Most babies do not need anything other than breastmilk for their first six months. If your baby does need an alternative or supplement feed, this will be explained to you by the staff before you are asked to give your permission. If you would like to give a formula supplement we will discuss this with you and help you to make an informed choice.
- We always aim to keep you and your baby together, however there may be times where medical procedures are necessary. In these cases, you or your partner will be invited to accompany your baby.
- You will be encouraged to breastfeed your baby responsively, whenever he or she seems to be hungry or needs comfort, pain relief, love or warmth. We will help

you to learn feeding cues to enable this. We also recommend responding to your needs and feeding if your breasts feel full.

- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed because this can interfere with establishing successful breastfeeding.
- Before you leave hospital, you will be given a list of telephone numbers of people who can provide extra help and support with feeding and caring for your baby when you are at home.
- If you cannot breastfeed or have made a fully informed choice not to breastfeed, we will support you and provide information to minimise the risks of formula feeding. We will support you to enjoy a positive, loving and responsive feeding experience with your baby.

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Document Policy for the Management of Infant Feeding in Newborns

Copy of complete document available from Author, Practice Development and Education Department, the Trust Nursing Policies and Guidelines folder (Nutrition section) and Trust Intranet