Infant Feeding Policy

All parents have the right to make a fully informed choice as to how they feed and care for their children. Epsom Sure Start Children’s Centre will provide clear, impartial information to support families in their decision.

All staff, volunteers and partner agencies will be made aware of this policy as part of their induction.

Purpose
The purpose of this policy is to ensure consistency amongst staff and volunteers who work within Epsom Sure Start Children’s Centre when providing support and education for families around infant feeding and early years development. All staff & volunteers at Epsom Sure Start Children’s Centre should work to ensure that this policy is implemented within the centre and in their everyday practice.

Outcomes
This policy aims to ensure that the services and care provided improve outcomes for children and their families with a particular emphasis on delivering:

- Increases in breastfeeding rates at 6-8 weeks
- An increase in the number of mothers that formula feed doing so as safely and as responsively as possible
- An increase in the number of babies who start solid foods at around six months of age
- Services which promote responsive parent child relationships
- Our aim is to provide a warm, welcoming & nurturing environment with specially trained staff & volunteers who will encourage responsive infant feeding through honest open discussions with families, so they are able to make informed choices.
Our commitment
Epsom Sure Start Children’s Centre is committed to providing a high standard of care to families in the area, including:

- Working collaboratively with midwifery and health visiting colleagues and other organisations providing support for parents and young babies.
- Supporting mothers to have a positive breastfeeding experience.
- Working with families to improve and enhance parenting experience.
- Ensuring local needs are met according to best practice for Sure Start Children’s Centres.

To enable this commitment

- All staff & volunteers at the children’s centre are familiarised with this policy on commencement of employment.
- All staff receives training on how to implement the Baby Friendly standards as appropriate to their role.
- The International Code of Marketing of Breastmilk Substitutes (The Code) is implemented within the centre.
- All materials produced for families reflect the Baby Friendly standards.
- Parental engagement in both planning and evaluation is encouraged to ensure services meet their needs.
- Internal audit and user satisfaction surveys support continued improvement in services.

The Standards

1. Support pregnant women to recognise the importance of breastfeeding and early relationships to the health and well-being of their baby.

This service recognises the importance of pregnancy as a time to build the foundations of future health and wellbeing and the role children’s centres play in supporting this.

Pregnant women & new mothers will be contacted to offer them information and support through telephone contact, invitation to classes run at the centre, one to one contact, and referral to peer support.

All classes and information provided reflect the Baby Friendly standards and comply with the Code.
Mothers are welcome to breastfeed in all areas of the children’s centre and comfortable facilities are provided. Negative comments towards breastfeeding mothers will not be tolerated. If an individual feels uncomfortable with a mother breastfeeding, it is their responsibility to find somewhere they are more comfortable. However if a mother is more comfortable feeding in private this can be arranged.

Breastfeeding mothers are informed of all services provided to support continued breastfeeding. These include one to one breastfeeding support, Bumps & Babes group, peer support & breast pump hire.

We have breast pumps available to hire for two weeks at a time. These are free of charge, however parents are asked to pay for the milk collection kit at a cost of £10.00.

A clear referral system is in place to ensure that additional help is provided for breastfeeding mothers who require this.

Breastfeeding is valued by staff within the centre, and mothers are encouraged and praised for providing any breastmilk.

All mothers regardless of feeding method are supported to introduce solid food at around six months of age in accordance with World Health Organization and Department of Health guidelines.

No advertising of breastmilk substitutes, bottles, teats or dummies is permitted within the children’s centre.

Epsom Sure Start Children’s Centre promotes responsive parenting and parents are encouraged to respond to their baby’s needs for love, comfort and security.

All materials and classes provided for parents reflect this philosophy.

Parents who have decided to bottle feed are encouraged to do so responsively and information is provided to support this.

**Responsive feeding**

The term responsive feeding is used to describe a feeding relationship which is sensitive, reciprocal and about more than simply providing food for a baby. Staff should ensure that mothers attending Epsom Sure Start Children’s Centre have an opportunity to discuss feeding and behaviour cues. Mothers should be reassured that breastfeeding can be used to feed, comfort and calm babies and that breastfed babies cannot be overfed or ‘spoiled’ by frequent feeding. Mothers can also be reassured that breastfeeding can be an opportunity for them to rest.

If a mother is bottle feeding she does need to be careful not to over-feed her baby. However, she can still feed responsively, by recognising feeding cues, holding her baby close and pacing the feed so that her baby is not forced to take more milk than he needs. Young babies feel more secure when they receive most feeds from their parents and this also helps parents and baby build a strong and loving bond.