

University of Warwick Nursery

Breastfeeding Policy

Principles Underlying the Policy

The University of Warwick Nursery promotes breastfeeding as the healthiest way for a woman to feed her baby. All mothers with children of breastfeeding age who attends this settling will have access to clear and impartial information to enable them to continue to breastfeed/provide breast milk whilst their child attends the settling. 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.

The Aims

To ensure that the health benefits of breastfeeding are promoted at the settling.

To support and give information to enable mothers to continue to breast feed. This should include information about the Infant Feeding Team and local support groups.

Breastfeeding should be promoted as a normal everyday activity as part of a baby's routine.

The responsibilities of the setting

1. To provide separate storage for Expressed Breast Milk (EBM) to be stored in. The storage must be suitable to maintain a temperature between 0-4 degrees centigrade (this needs to be checked daily).
2. The milk must be stored in the main body of the fridge and not in the door. EBM is currently stored in a separate draw at the bottom of the fridge to reduce cross contamination.
3. The milk must be used in date order.
4. When stored, the cream and milk will separate. This is usual and a shake of the bottle before use can be carried out but is not essential.
5. To acknowledge that breast milk may not always be white in colour. A blue, pink, or yellow hue is usual and does not indicate a problem with the milk.
6. 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.
7. Any unused milk must be disposed of after the feed. EBM should not be put down a domestic sink but returned to the mother in a sealed bag at the end of the session.
8. Ideally staff should wear disposable gloves when handling and feeding a child EBM. However, the setting acknowledges that this is a very clinical approach to a sensitive care routine for our youngest children. Therefore, we recommend that anyone using EBM to feed a baby should ensure the bottle top is securely fitted. That any spilt milk should be cleared away immediately. Staff with cuts or abrasions on their hands should cover these over before handling EBM and should wash their hands before and after each feed.
9. Breast milk should be brought into the setting in appropriate sterilised bottles/containers.
10. The bottles must be clearly labelled with the following: The mother's name, the child's name, time, and date expressed. If the EBM is frozen, date it when it was removed from the freezer.

Breastfeeding on the settings premises

The setting 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.

Responsibilities of the mother

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

Responsibilities of the setting

2. The setting should provide a quiet space with an appropriate chair for the mother to feed her infant.
3. Handwashing and toileting facilities should be made available for the mother to use.

Promoting breast feeding within the setting

1. No advertising of breast milk substitutes, feeding bottles, teats or dummies should be displayed or promoted at the setting.
2. Literature should be on display to promote breast feeding and should reflect the UNICEF 'Ten Steps to successful Breastfeeding'
3. The setting, where appropriate, will support campaigns such as Breast- Feeding Week.
4. Staff will know where their local breastfeeding support group is and will be able to signpost mothers when appropriate.
5. 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.
6. The setting will actively encourage any mother who wishes to continue breast feeding upon return to work/college etc.
7. Staff will be able to talk confidently and knowledgably about the benefits of breast feeding to parents.
8. Staff will ensure that they are able to offer the support – either by themselves or through effective signposting- that is necessary for any mother who experiences difficulty in continuing to breast feed when their child starts at the setting.