



Breast Feeding Policy

The Nursery promotes breast feeding.

All mothers with children of breastfeeding age who attend the nursery will have access to clear and impartial information to enable them to continue to breastfeed/provide expressed milk whilst their child attends nursery.

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 nursery will aim to:

- Ensure that the health benefits of breastfeeding are promoted at the setting
- Have access to support and information enabling mothers to continue to breastfeed, this will include information about the Infant Feeding Team and local support groups
- Acknowledges Early Years settings as key places to promote breastfeeding
- Promote breastfeeding as a normal everyday activity as part of the child's routine

All staff will adhere to the principles of this policy. This policy must be communicated to all members of staff at the setting including new members of staff as part of their induction. This policy will be made available to all members of staff, parents, carers and lead professionals.

Responsibilities of the nursery:

- To provide a separate fridge/area of the fridge the EBM (Expressed Breast Milk) to be stored in. The fridge must be set between 0-4 degrees centigrade and checked twice daily
- The milk must be stored in the main body of the fridge and not the door
- The milk must be stored in date order
- Understand that when stored, the cream and the milk may separate- this is normal
- Acknowledges that breast milk may not always be in white in colour. A blue, pink or yellow hue is normal
- Only reheat EBM by standing the bottle in hot water ensuring water doesn't enter the bottle when warming as it will contaminate the milk. NEVER reheat breastmilk or formula via a microwave.
- Any unused milk must be disposed of after the feed
- Staff should wear disposable gloves when handling EBM



Responsibilities of the mother:

Breast milk must be stored and prepared under the correct conditions for the safety and health of the child. The following procedures must be followed by both the mother and the staff to enable expressed milk to be given to an infant attending the nursery. Mothers wishing to bring expressed breast milk into the nursery should be aware of this policy and given a copy upon request.

- Breast milk can be expressed by hand or pump (electric or manual)
- Breast milk must be handled and stored carefully to reduce cross infection
- Breast milk should be brought into the setting in appropriate sterilised bottles/containers
- The bottle must be clearly labelled with the following-
 - mothers name
 - child's name
 - date and time expressed
 - if frozen, date the EBM was removed from the freezer

Breastfeeding on nursery premises:

Playdays nursery will provide comfortable facilities for those mothers who wish to feed their child at the setting for example, a mother who wishes to breastfeed during her lunch break.

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

Upon first visit and induction parents of breast-feeding children will be made aware that the setting is breast feeding friendly and a copy of the policy will be made available.

The nursery will actively encourage any mother who wishes to continue breastfeeding upon return to work/college etc.

Staff will be able to talk confidently and knowledgeably about the benefits of breastfeeding to parents and children (following UNICEF training)

Staff will ensure that they are able to offer the support- either by themselves or through effective signposting, necessary for any mother who experiences difficulty in continuing to breastfeed when their child starts at the setting.