



Breastfeeding policy

A guide for parents



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yeovilhospital.nhs.uk



Our aims

This trust supports the right of all parents to make informed choices about infant feeding. All trust staff will support you in your decision.

We believe that breastfeeding is the healthiest way to feed your baby and we recognise the important benefits which breastfeeding provides for both you and your child. We therefore encourage you to breastfeed your baby.

Ways in which we will help you to breastfeed successfully

- ✓ All staff have been specially trained to help you to breastfeed your baby
- ✓ During your pregnancy, you will be able to discuss breastfeeding individually with a midwife or health visitor who will answer any questions you may have
- ✓ You will have the opportunity to hold your new baby against your skin soon after birth. The staff will not interfere or hurry you but will be there to support you and to help you with your first breastfeed
- ✓ A midwife will be available to explain how to put your baby to the breast correctly and to help with feeds while you are in hospital

- ✓ You will be shown how to express your breastmilk and you will be given a written sheet on this which you can refer to once you are home
- ✓ Most babies do not need to be given anything other than breastmilk for their first six months. If, for some reason, your baby needs some other feed, this will be explained to you by the staff before you are asked to give your permission
- ✓ Normally, your baby will be with you at all times. If any medical procedures are necessary, you will always be invited to accompany your baby
- ✓ You will be encouraged to feed your baby whenever he or she seems to be hungry
- ✓ We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. This is because they can change the way your baby sucks, meaning that it can be more difficult for your baby to breastfeed successfully.
- ✓ Before you leave hospital, you will be given a list of telephone numbers of people who can provide extra help and support with breastfeeding when you are home

(This is a summary guide to the breastfeeding policy. Please ask a member of staff if you wish to see the full policy)

If you would like this leaflet in another format or in a different language, please ask a member of staff or call us on 01935 383077.

Ref: 14-15-115
Review: 09/17