



**Elstead & Villages Sure Start Children's Centre**  
**Breastfeeding Policy**

This organisation welcomes mothers who want to breastfeed in any public area of these premises. All members of staff will support the needs of breastfeeding mothers when the opportunity arises.

If centre attendees object to discreet breastfeeding, they should be told that management supports breastfeeding as a natural way of feeding a baby.

Distribution and updating this policy is the responsibility of the children's centre manager who will be glad to hear comments and reports of any incidents.

If a member of staff feels they need more guidance, they should speak the Children Centre Manager or a Health Visitor.

<b>Ways staff can support breastfeeding mothers:</b>	<b>Why we support breastfeeding:</b>
<p>If you feel a mother would like it:</p> <ul style="list-style-type: none"> <li>• Stop for a brief chat to make it clear breastfeeding mothers are welcome.</li> <li>• Offer a chair if one is available.</li> <li>• Ask if any help is required.</li> <li>• If possible, explain that a private place to feed is available if she prefers.</li> <li>• If possible offer a glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Babies need feeding when they ask for it. Their stomachs are very small and breast milk is digested quickly.</li> <li>• Breastfeeding works best when both mother and baby are relaxed.</li> <li>• Breastfeeding is better for babies than bottle-feeding because among other things, it protects against a range of illnesses.</li> <li>• Older babies also benefit from breastfeeding.</li> <li>• Hungry, upset babies and toddlers will generally calm down and become quiet by being breastfed. This is good for our children's centre and its clients.</li> </ul>

For more information about breastfeeding visit: [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk)