



Breastfeeding Policy

We welcome mothers who want to breastfeed in any public area of these premises.

All our staff support the needs and rights of breastfeeding mothers. If customers object to discreet breastfeeding, they should be informed that the management support breastfeeding as being the natural way to feed a baby. If the situation cannot be resolved easily, junior staff should refer customers to senior management

All new members of staff should be made aware of the policy and a copy displayed on the premises.

Distributing and updating the policy is the responsibility of

_____ who will be glad to hear your comments and reports of any incidents.

If a member of staff needs further guidance on this policy, they should speak to their manager who can contact a member of the Infant Feeding Team for Edinburgh CHP.

This premises is breastfeeding friendly because:

- We want to support the needs and rights of our customers, visitors or clients and be more family friendly
- Babies need feeding when they ask for it. Their stomachs are very small and breast milk is quickly digested
- Breastfeeding is good for babies because it protects against a range of illnesses
- Breastfeeding works best when mother and baby are relaxed
- Hungry, upset babies will generally be helped to calm down and become quiet when breastfeeding. This is good for all our customers, visitors or clients.

Ways staff can help support breastfeeding mothers

- Stop for a brief chat to make it clear breastfeeding mothers are welcome
- Offer a chair if the mother does not have one
- Ask if any help is required
- If available or appropriate, ask if privacy to feed is required
- Offer a glass of water.