



# Lancashire Breastfeeding Friendly Childcare

## A GUIDE FOR PARENTS

Your child's setting recognises that breastfeeding is highly important for the long term health, wellbeing and emotional development of children. This setting has pledged to provide high standards of support for families who are expressing and breastfeeding to help them to keep giving breast milk to their child as long as you wish.

### **The nursery's standards include:**

- Staff are trained to understand the value of breast milk and breastfeeding as food, comfort and protection for babies and children, and they will do their best to enable you to keep breastfeeding and / or expressing for as long as you wish
- The setting has guidelines to ensure safe storage of your breast milk
- The setting welcomes you to breastfeed within the nursery. A quiet / private space will be provided if you request. Staff are aware of the Equality Act 2010 which states that mothers have a lawful right to breastfeed in public.
- The setting considers ways to support children to understand that breastfeeding is a biological norm. Research suggests that when young children are exposed to positive feeding images they are more open to breastfeeding as they get older.
- Everyone working in the settings are aware of local and national support options and have links with health partners to ensure mothers are signposted for extra support appropriately
- Everyone working in the settings understand how to prepare formula feeds as per current Department of Health guidelines and will know how to bottle feed your baby in a responsive way.
- New and existing staff are made aware of these standards