

Breastfeeding

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Hertfordshire Community NHS Trust is committed to supporting breastfeeding. Details of all the breastfeeding support groups that meet the minimum requirements of Hertfordshire Principles of Good Practice for Breastfeeding and UNICEF standards can be found on the following site:



www.hertfordshire.gov.uk/breastfeeding



Parents' guide to Infant Feeding Policy

- During pregnancy you will have the opportunity to discuss breastfeeding and how close and loving relationships can help baby's brain to develop, individually with a Health Visitor.
- At the New Birth Visit between 10-14 days, a full breastfeeding assessment will be carried out to identify and address any problems.
- The Health Visiting Service will provide information about local breastfeeding support in the area. All Health Visitors have been specially trained to help you breastfeed your baby.
- The Health Visitor will discuss how to hand express your milk.
- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed.
- The Health Visiting will offer support to understand how to know that baby is getting enough breastmilk.
- We will share information about breastfeeding your baby when out and about. We welcome breastfeeding on our premises.

Useful links to breastfeeding support: www.bestbeginnings.org.uk www.unicef.org.uk/babyfriendly and National Breastfeeding Helpline www.nationalbreastfeedinghelpline.org.uk 0300 100 0212. Lines open every day from 9.30am - 9.30pm

Child Body Map

Completed by _____

Date _____

