

## SECTION 4 STAFFING POLICIES

### 5.3 Breastfeeding Policy

**Aim:**

1. To support the right of mothers to breastfeed their babies while attending the Centre.
2. To support families, organisations and networking across services to promote breastfeeding and the understanding of its place within families.
3. To be an advocate for public health research in the area of childhood infectious diseases and the protective effects of breastfeeding.
4. To be an advocate for improved workplace friendly policies, including spaces and time for mothers to express milk at work or to breastfeed their infants.

**Process:**

1. The Centre understands that breastfeeding establishes the basis for the optimal physical, psychological, social and emotional health of babies.
2. The Centre understands that breastfeeding enhances the health of babies as they are less susceptible to infectious diseases.
3. Breastfeeding provides significant benefits in the workplace such as the return of an experienced educator, and encourages less absenteeism of female staff with infants.
4. The Centre recognises that there are significant benefits of breastfeeding in the Centre including the involvement and participation of parents, and the sharing and modeling of breastfeeding with staff, other parents, and children.
5. The Centre will support community based networks whose goal is to promote breastfeeding.
6. The Centre will provide information to update public knowledge and research on the range of infant feeding choices.
7. The Centre will create supportive environments for women to facilitate continued breastfeeding as an optimal feeding choice for infants.