



Parents Guide to the Infant Feeding Policy

- ◆ During your pregnancy, you and your family will be able to discuss supportive labour and birth practices and infant feeding individually with a Midwife, Doctor, or Nurse.
- ◆ You are encouraged to attend Antenatal Classes for further information and discussion. Classes are available that are free of charge.
- ◆ After the birth you will have the opportunity to hold your baby in skin to skin contact for a minimum of one hour. The Midwife/Nurse will show you how to observe your baby for feeding cues and assist you with breastfeeding, if assistance is needed.
- ◆ A midwife or other trained person will be available to assist you at all feeds during the postnatal stay, if needed. You will be shown how to express your breast milk.
- ◆ Rooming-in is practiced in this hospital. You and your baby will remain together at all times during your hospital stay. If separation is necessary for medical reasons, you will be supported to maintain contact with your baby and continue breastfeeding.
- ◆ Most babies do not need to be given anything other than their mother's milk for the first six months. If supplements are required, this will be discussed with you and your consent obtained.
- ◆ You will be shown how to recognize the early signs indicating that your baby needs feeding and signs that your baby has had sufficient milk. You will be encouraged and supported to feed your baby in response to your baby's needs.
- ◆ We recommend that you avoid using bottles, teats or soothers while you and your baby are learning to breastfeed.
- ◆ If you are considering not breastfeeding, information will be provided to assist you to make an informed decision. If you are formula feeding, you will be assisted to learn about safe formula use when you are on the post natal ward.
- ◆ Before you leave the hospital, a midwife will discuss any queries you have. You will receive written information regarding whom you can contact for further support with infant feeding at home.
- ◆ If you or your baby has a medical condition that requires care different from this policy a staff member will explain the reason and the care needed.

This hospital does not supply any material marketing infant formula, bottles or teats and does not recommend any brand in particular.

We support the International Code of Marketing of Breast Milk Substitutes and its subsequent resolutions.

If you have any questions, please ask.

All health care and support staff who have contact with pregnant women and new mothers receive training in support of this policy at a level appropriate to their role. The full hospital Infant Feeding Policy is available on request and is audited regularly.

The HSE Infant Feeding policy can be found at <http://www.babyfriendly.ie/resources.htm>