

# BREASTFEEDING POLICY



Related Quality Area	QA2: Health and Safety
Related Policies	Nutrition and Food Safety Policy Bottle Safety and Milk Prep Policy

## PURPOSE

Nightcliff Family Centre (the Centre) recognises the importance of breast milk for developing babies and will ensure that families are aware of our commitment to supporting mothers to continue to provide their child with breast milk whilst at the Centre.

## SCOPE

This policy applies to families, staff, management and visitors of the Centre.

## IMPLEMENTATION

### The Centre will:

- Provide a private, clean and comfortable place where mothers (including staff) can breastfeed their babies or express breast milk.
- Provide a refrigerated space to store expressed breast milk.
- Establish a connection with Australian Breastfeeding Association NT.
- Make all reasonable efforts to support a staff member's request to continue breastfeeding their child.
- Educators will inform parents about the breast milk running out and in case there is no more breast milk the educator will call the parents immediately.
- Provide breastfeeding employees with a flexible schedule to allow for breastfeeding or expressing breast milk for their infant.
- Support mothers to continue breastfeeding until babies are at least 12 months of age while offering appropriate complementary foods from around 6 months of age.
- Ensure the safe handling of breast milk and infant formula including transporting, storing, thawing, warming, preparing, and bottle feeding (refer to Bottle Safety and Milk Preparation Policy).
- Ensure babies are offer cooled pre-boiled water as an additional drink from around 6 months of age (in consultation with the parent/guardian).
- Where breastfeeding is discontinued before 12 months of age, Educators will substitute with a commercial infant formula.
- Provide families with breastfeeding information during enrolment and orientation.
- Ensure it's identified as 'breastfeeding friendly' and easily accessible brochures, pamphlets and other resources about breastfeeding are available for families.
- Ensure staff are aware that it is a mother's legal right to breastfeed.
- Where breastfeeding is discontinued before 12 months of age, Educators will substitute with a commercial infant formula supplied by parents.
- Ensure literature on the benefits of breastfeeding is updated and distributed to staff as required to support understanding and 'best practice'.

### Educators will:

- Store and handle expressed breast milk by the Bottle Safety and Milk Preparation Policy.
- Always bottle-feed babies by holding baby in a semi-upright position.
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### Families will:

- Be informed during orientation of requirements relating to labelling bottles of breast milk and where they are able to breastfeed or express milk.
- Be encouraged to communicate regularly with Educators about children's bottle and feeding requirements.

### Staff training - our Centre will:

- Familiarise new staff with the breastfeeding policy and offer appropriate training as required, including alternate strategies for feeding if an infant will not accept a bottle.
- Ensure staff that have responsibility for the care of infants and children are able to provide basic breastfeeding information and are able to refer mothers with breastfeeding concerns to appropriate resources.

### Support for Educators and staff who are breastfeeding – our Centre will:

- Make all reasonable efforts to support a staff member's request to continue breastfeeding their child.
- Provide breastfeeding employees with a flexible schedule to allow for breastfeeding or expressing breast milk for their infant.
- Provide breastfeeding employees with a private, clean and quiet place to breastfeed their infant or express milk.

### Resources

To request a free Breastfeeding-friendly zone sticker for Service entry doors or windows go to:

[www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-stickers](http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-stickers)

Register for Breastfeeding welcome here Service for stickers, posters, and more:

<https://www.breastfeeding.asn.au/services/welcome>

<https://www.breastfeeding.asn.au/local/nt/darwin-palmerston-and-rural-nt>

## CONTINUOUS IMPROVEMENT/REFLECTION

The *Breastfeeding Policy* will be reviewed on a two-year cycle in conjunction with families, staff, educators and management.

## REVIEW

POLICY REVIEWED BY	Judy Rondon	Director	February 2022
POLICY REVIEWED	FEBRUARY 2022	NEXT REVIEW DATE	FEBRUARY 2024
MODIFICATIONS	<ul style="list-style-type: none"><li>• No changes or Additional information added</li><li>• No major edits to the policy</li><li>• Sources checked for currency</li></ul>		

POLICY REVIEWED BY	Director Staff		February 2024
POLICY REVIEWED	FEBRUARY 2024	NEXT REVIEW DATE	FEBRUARY 2026
MODIFICATIONS	<ul style="list-style-type: none"> <li>• Educators will inform parents about the breast milk running out and in case there is no more breast milk the educator will call the parents immediately.</li> <li>• Where breastfeeding is discontinued before 12 months of age, Educators will substitute with a commercial infant formula supplied by parents.</li> </ul> <p>CONTINUOUS IMPROVEMENT/REFLECTION The <i>Breastfeeding Policy</i> will be reviewed on a two-year cycle in conjunction with families, staff, educators and management.</p>		

POLICY REVIEWED BY	Judy Rondon	Director	
POLICY REVIEWED	FEBRUARY 2026	NEXT REVIEW DATE	FEBRUARY 2028
MODIFICATIONS	No modifications		