

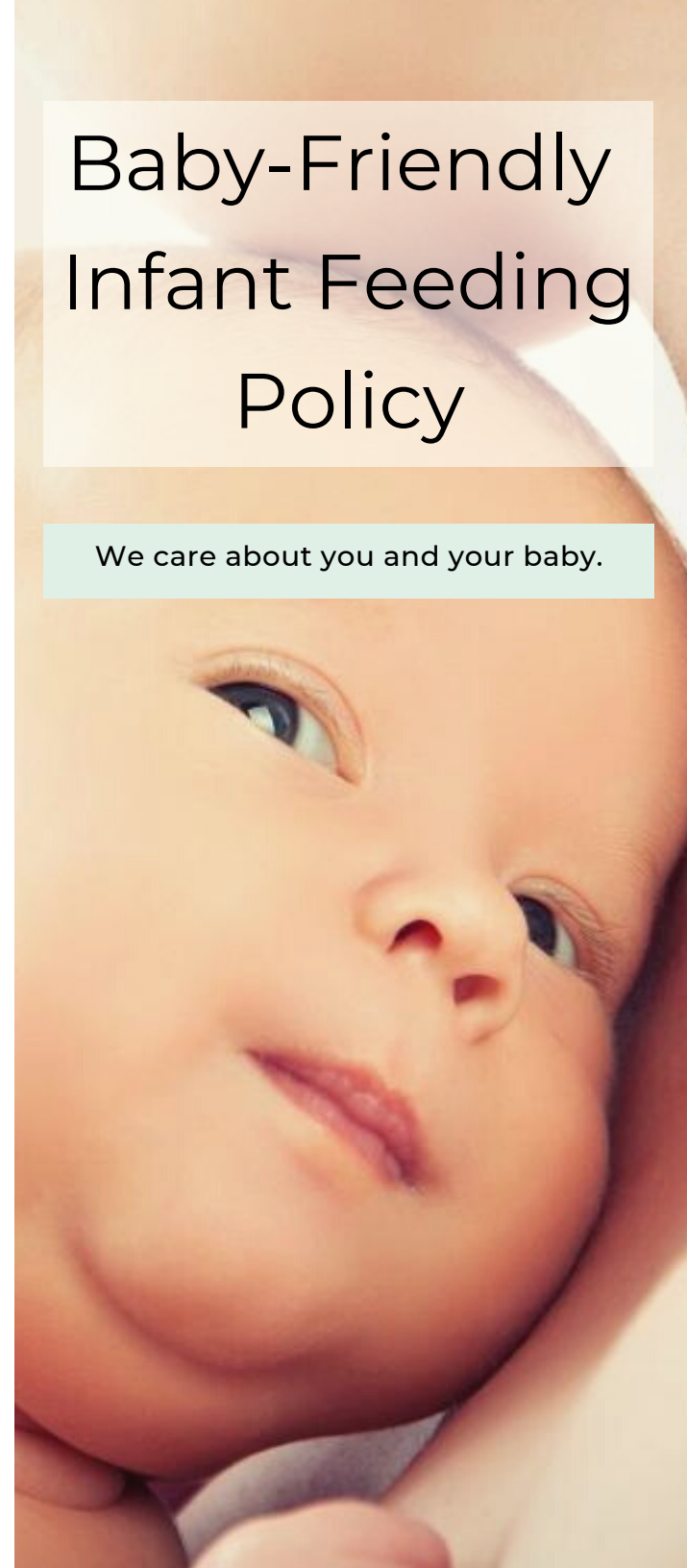
**This is your guide to the** infant feeding policy within the Wellington Health Care Alliance. If you wish to see the full policy, please ask our staff.

**Please feel free to ask** your nurse for assistance and let us know if you have any questions or concerns.



# Baby-Friendly Infant Feeding Policy

We care about you and your baby.





**Groves Memorial Community Hospital and North Wellington Health Care respect you and your right to choose how you feed your baby.**

**We support your feeding decision.**

**We follow the World Health Organization's** Baby-Friendly practices encouraging you to breastfeed, and believe that breastfeeding is the healthiest way to feed your baby.

**We train all of our nurses and health care providers** to support and assist you with your feeding choice.

**Breastfeeding is good for both you and your baby.**

**We will monitor your progress with learning to breastfeed and offer assistance throughout your stay with us.**

**We will help you to start breastfeeding by placing** your infant with you skin-to-skin as soon as possible after birth for as long as you wish. We will help you breastfeed within your first hour together.

**If you need to be separated from your infant we will** help you maintain breast milk production.

**We do not promote use of any foods other than breast** milk unless it is for medical reasons.

**We practice rooming-in, and you will remain together** with your infant 24 hours a day.

## **We encourage**

**Breastfeeding on demand and will teach you ways to** understand when your baby is hungry. We encourage you to breastfeed exclusively for the first 6 months, and beyond.

## **We will not**

**Promote pacifiers or artificial nipples for** feeding your baby. We do not allow formula companies to advertise or distribute free samples through our hospitals.

## **We will**

**Refer you to ongoing support with breastfeeding** following your discharge from hospital.

## **We welcome**

**Breastfeeding within all areas of our facility. Let us know if you wish to have a private space**