

## **Breastfeeding**

Evidence shows that breastfeeding is the healthiest way to feed a baby, providing important benefits for both Mother and Child. With this in mind a set of breastfeeding guidelines has been written.

The guidelines promote all mothers right to receive clear and impartial information to enable them to make a fully informed choice as to how they feed and care for their babies. In addition they ensure that staff will not discriminate against any woman in her chosen method of infant feeding and will fully support her when she has made that choice.

These guidelines have been developed utilising recommendations from UNICEF Baby Friendly Initiative and will need to be reviewed every three years to ensure 'Best Practice' is maintained.

## **Breast Feeding Support Group**

Breast feeding support group is a supportive relaxed friendly environment which will give you the opportunity to join other breast feeding mums for a chat and a cuppa.

One of the team will be available should you need extra support with breastfeeding.

The team work alongside the Midwifery and Health Visiting Services in Halton to provide extra support, guidance and information to families.

You may have contact with us before and after the birth of your baby through a home visit, at groups or by phone.