



Breastfeeding Welcome

Breastfeeding Welcome Award Refresher Training

Managers Update

The purpose of the Breastfeeding Welcome Award is to become a Breastfeeding Friendly facility and promote an environment where breastfeeding is seen as the normal way to feed infants and young children

Staff should be aware of the Breastfeeding etc Scotland Act (2005) which states that it is an offence to stop a mother breastfeeding her child anywhere that children are normally allowed. This has been further strengthened by the Equality Act 2010 which prohibits discrimination against a mother for breastfeeding in public.

Staff should ensure mothers feel comfortable to breastfeed their babies in public and can be provided with privacy if they request it. It is not necessary to have a dedicated room for breastfeeding mothers as this is not always feasible for many venues. However, all staff members should be aware of where a mother can go if she requests privacy but not to automatically offer it as a lot of mothers are happy to feed in the public areas. Breastfeeding offers many health benefits to both mother and baby

Babies who are given breastmilk have a reduced risk of:

- gastro intestinal infections
- chest, urinary, and ear infections
- allergies such as asthma , eczema & hay fever
- developing diabetes in childhood
- obesity and type 2 diabetes in the longer term

Mothers who breastfeed have a reduced risk of

- breast cancer
- ovarian Cancer
- Reduced risk of osteoporosis and hip fractures in later life

BREASTFEEDING and return to work

Mothers who return to work and are still breastfeeding have rights under health & safety legislation to be supported to continue to breastfeed.

This can be facilitated by allowing a mother additional breaks to express milk, access to a private room to express breastmilk (will maintain supply and help mother to feel comfortable), providing storage for expressed breastmilk whilst at work, flexibility about working hours.

Further information can be found in the following documents

Off to a good start – NHS health Scotland

Ready steady baby - NHS Health Scotland

www.readysteadybaby.org.uk

New & expectant mothers at work- A guide for employers

Health & safety executive 2002

www.dwp.gov.uk – information on state benefits

www.direct.gov.uk – information on employment benefits

www.healthyworkinglives.com- information on occupational health & safety in the workplace

www.hse.gov.uk – information on health & safety in the workplace