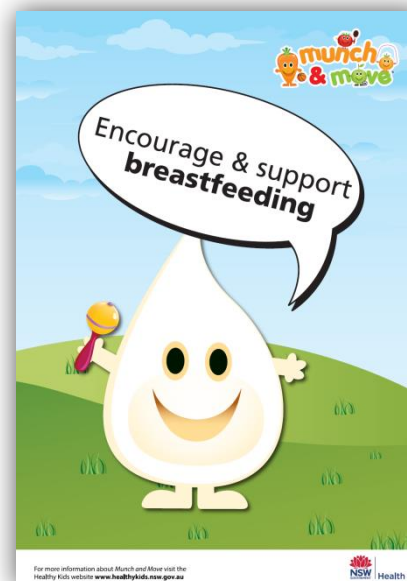




Staff Development Kit: Encourage & Support Breastfeeding



Statistics . . .



Healthy Eating Guideline

Exclusive breastfeeding is recommended, with positive support, for babies until around six months.

Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.

29% of infants are exclusively breastfed until 6 months of age.

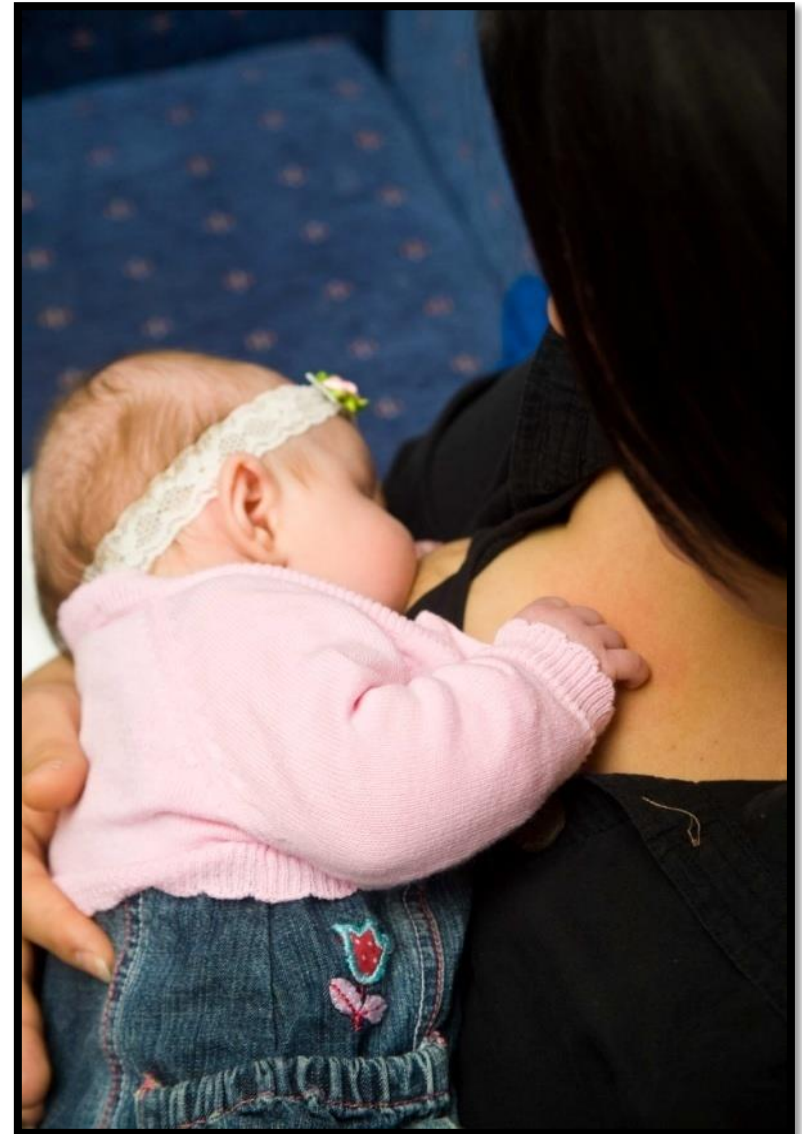
Supporting breastfeeding



- Research tells us that breastfeeding provides both immediate and long term health benefits for mother and infant.
- To be able to encourage and support breastfeeding, it's important that we understand what the benefits of breastfeeding are.

Activity:

Take 2 minutes to discuss the benefits of breastfeeding for mum and infant . . .



Did you consider . . .

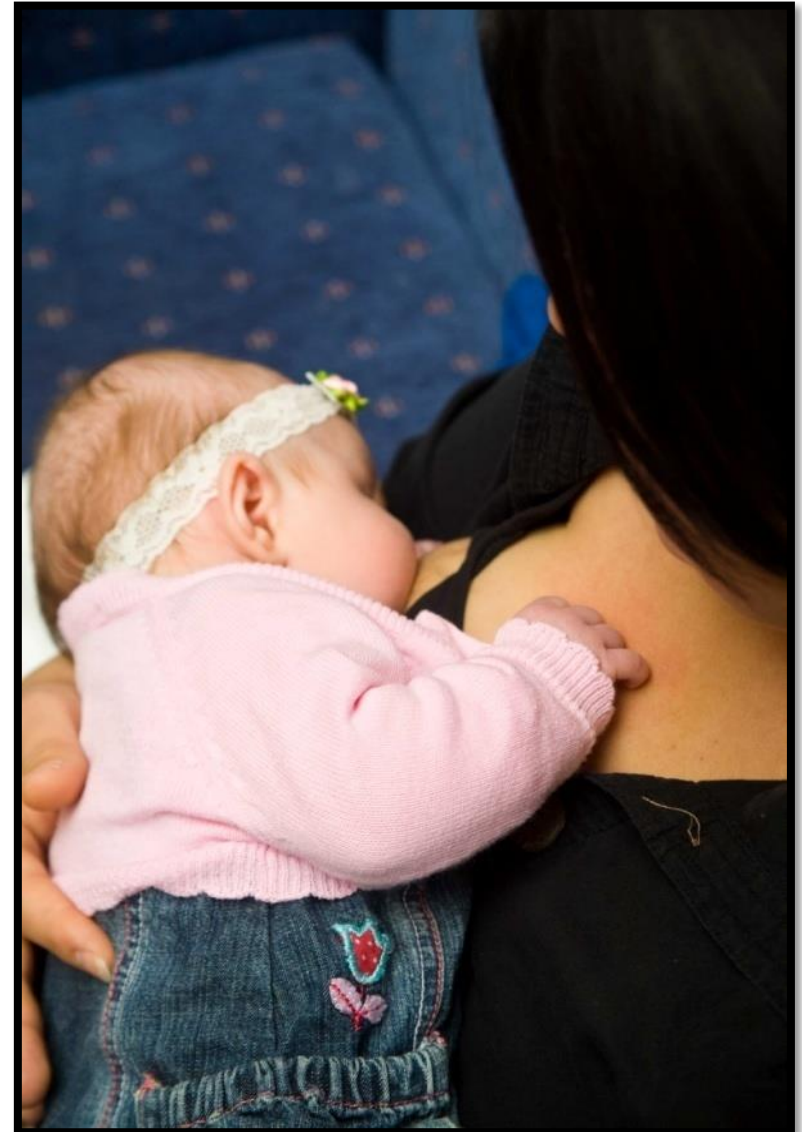


Benefits for infant:

- helps infant develop a strong immune system and provides antibodies resistance to some infectious diseases
- helps reduce the risk of allergies
- provides perfectly balanced nutrition
- helps prevent gastrointestinal illness
- provides infant with a range of tastes and flavours which come from mother's varied food intake – may help children accept a greater range of food as they grow older
- reduces the chances of infant becoming overweight in later years.

Benefits for mum:

- inexpensive, easy, convenient, fully transportable
- pre-warmed, ready to serve and safe
- helps mum return to her pre-pregnant weight more quickly
- reduces mum's risk of developing some diseases.



Breastfeeding Friendly service



- Join the 'Breastfeeding Welcome Here' program.
- Inform parents upon first contact about breastfeeding support.
- Provide a quiet, comfortable and hygienic place for mothers to breastfeed or express milk.
- Ensure policies and procedures are in place for the safe storage, heating and handling of breastmilk.
- Provide families with breastfeeding information.
- Work with the family to develop an individual feeding management plan for the infant.

NQS - Assessment guide for meeting Element 2.1.3 – Healthy lifestyle:

Educators following the service's procedures for the safe storage and heating of food and drink, including breastmilk.

NQS - Assessment guide for meeting Element 2.1.3 – Healthy lifestyle:

Written procedures for the safe storage and heating of babies' bottles and breastmilk.

Breastfeeding
welcome here



Australian Breastfeeding Association
www.breastfeeding.asn.au



NQS - Assessment guide for meeting Element 2.1.3 – Healthy lifestyle:

A supportive environment for mothers to breastfeed.

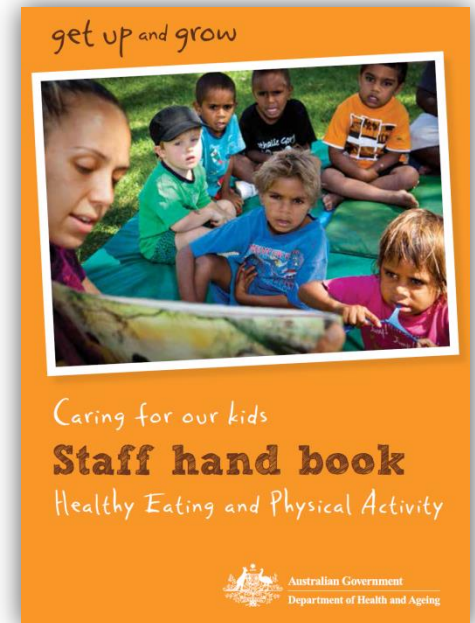
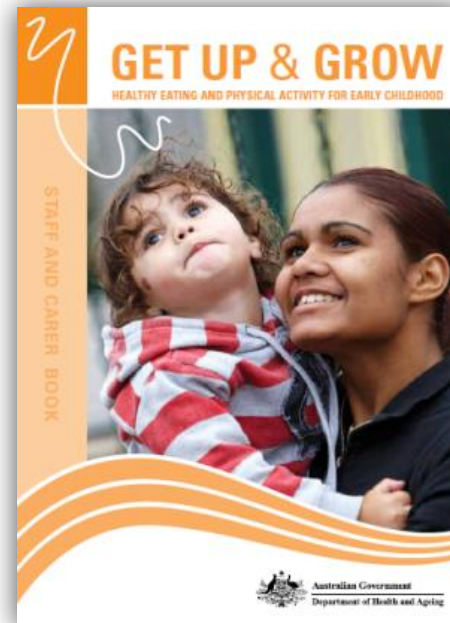
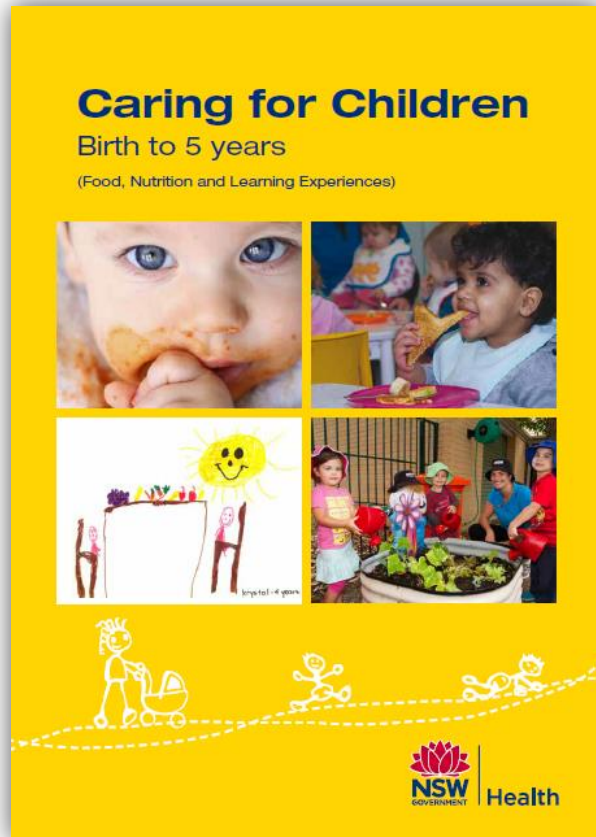
Infant formula



Healthy Eating Guideline

If an infant is not breastfed, is partially breastfed, or if breastfeeding is discontinued, use an infant formula until 12 months of age.

Caring for Children: Birth to 5 years and Get Up & Grow resources contain information on safe preparation of infant formula.



Introducing solids



Healthy Eating Guideline

Introduce solid foods at around six months.

Why?

Infant can hold head and neck up straight

Digestive system has matured

Disappearance of tongue-thrust reflex

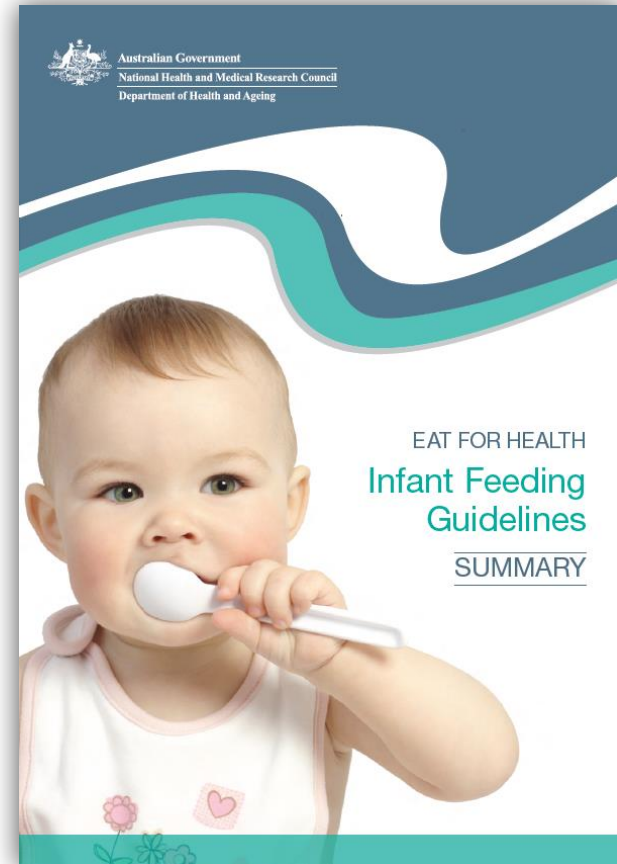
Feeding development has progressed from sucking to biting

Greater awareness and interest in food

Greater energy and nutritional needs

Kidneys have matured

Stores of iron and zinc have depleted



Foods can be introduced in any order provided iron-rich nutritious foods are the first foods and the texture is suitable for the infant's stage of development. Cow's milk products including full-fat yoghurt, cheese and custard may be given, but not cow's milk as a main drink before 12 months.

Reflective practice . . .



Activity: Take 5 minutes to begin this 'reflective practice' task for *Encourage & support breastfeeding* . . .

All ECEC services

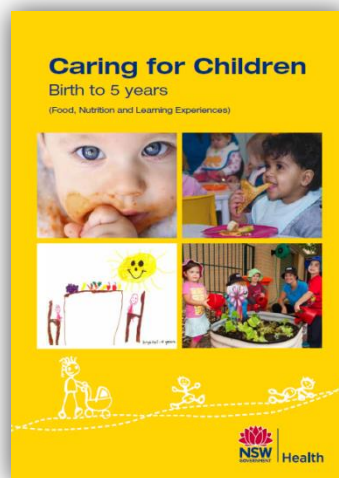
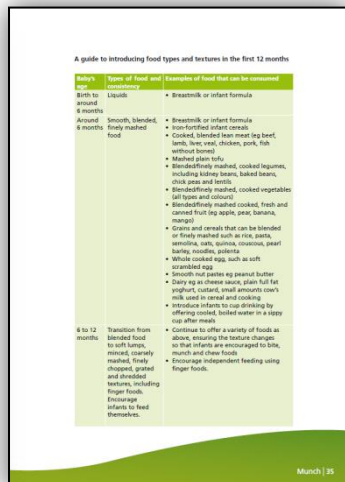
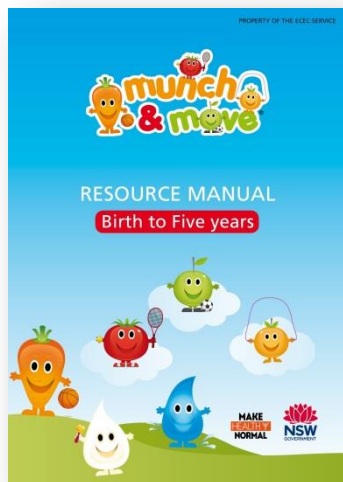
- How is the service promoted as 'Breastfeeding Friendly'?
- How are educators upskilled to ensure they are aware of the benefits of breastfeeding?
- How does the service provide a supportive environment (quiet, comfortable and hygienic) for mothers to breastfeed or express milk?
- Where are breastfeeding practices reflected in service policies?

ECEC services with babies

- When and how do educators inform parents about the expressed breastmilk (EBM) support strategies offered at the service?
- When do educators work with the family to develop an individual feeding management plan for the infant?
- How do educators monitor this individual feeding management plan for the infant?
- What advice on storing and transporting EBM does the service provide breastfeeding mothers?
- How do educators ensure appropriate procedures to store and warm EBM are followed?
- What current and practical breastfeeding information is available for both educators and families?
- When should solid foods be introduced to babies and why?



Resources to *Encourage and support breastfeeding*



NQS – Exceeding guidance for Standard 2.1 – Health - Practice is embedded in service operations

Actively promote healthy eating, physical activity, and effective hygiene practices in the delivery of the daily program

NQS – Exceeding guidance for Standard 2.1 – Health – Practice is informed by critical reflection

Seek out and consider alternate ways of supporting each child's health and activity needs, and make changes where opportunities to further enhance children's outcomes are identified



www.healthykids.nsw.gov.au

NQS – Exceeding guidance for Standard 2.1 – Health – Practice is shaped by meaningful engagement with families and/or the community

Proactively promote children's health and physical activity with families and the community



Staff Development Kit



**Congratulations your ECEC service has completed
*Encourage & support breastfeeding!***

What's next?

- Please ensure the *Record of Completion* is finalised for this module
- Link the *Reflective Practice* task to your service's *Quality Improvement Plan*
- Select which 'key message' module you will share next and schedule a date and time
- **Happy Munching & Moving!**



The NSW Ministry of Health wishes to acknowledge the Early Childhood Training and Resource Centre (ECTARC) for their contribution to the development of the *Munch & Move* Staff Development Kit.