

[Parent's Guide to the Joint Infant Feeding Policy](#) (Updated August 2022)

This is a summary version of what the policy says Barnsley Hospital services and Barnsley Council services will do at different stages to support infant feeding. Please ask your Midwife or a member of the 0-19 Public Health Nursing Service (PHNS) if you would like to see the full policy.

Aims

We support all parents / carers to develop close and loving relationships with their babies through their chosen method of feeding, throughout your feeding journey, with a 'hands off' approach. We will encourage you to keep your baby close (day and night). Breastfeeding /chest feeding makes a big contribution to good physical and emotional health, for your baby and you. Therefore, we will encourage and support you to breastfeed / chest feed your baby for as long as you wish. We aim to give information to all parents and carers in a way they can understand, that is family-centred and non-judgemental. All staff are trained to UNICEF UK Baby Friendly Initiative standards.

Ways we will help you to feed your baby successfully:

During Pregnancy

- Opportunity to have a meaningful discussion with your midwife about preparing for birth and the early days with your baby.
- Offer 1:1 or a group discussion on infant feeding by trained staff.
- Help you understand the standard of care to expect from Maternity services, 0-19 PHNS and Family Centres and where to find information and support.
- Provide information about hand expressing and harvesting human milk.

At Birth

- Where possible, babies will have the first feed in the first hour by mother/birth parent in skin-to-skin contact, regardless of feeding choice.
- Aim to keep your baby close to you throughout your hospital stay.
- Support mothers/birth parents with babies who require transfer to a neonatal unit to start expressing milk effectively within 2 hours.
- Support your preferred feeding choice, relevant to your needs.
- Give information about safer sleep and managing night feeds.

Early Days

- Support with positioning and attachment, hand expression and safe storage of milk, and understanding signs of effective breastfeeding/chest feeding.
- Give formula feeding parents information on how to make feeds safely, use of first infant milks for the first 12 months and paced feeding.
- Encourage responsive feeding by responding to baby's feeding cues and breastfeeding/chest feeding mothers'/parents' desire to feed baby.

- Advise where to access support with infant feeding, anytime.
- Contact breastfeeding/chest feeding mothers/birth parents by phone within 48-72hours of leaving hospital (or of a home birth) to support feeding.

Later Weeks

- Give information to help you breastfeed/chest feed in front of others, supported by our Breastfeeding Welcome Scheme.
- Recommend exclusive breastfeeding chest feeding for at least the first 12months and support with weaning at 6 months, and not before.
- Support you to maximise human milk for as long as you wish, including your return to work.

Please remember breastfeeding / chestfeeding is a new skill and can take up to 6 weeks to establish. If you have any questions or concerns, please contact Barnsley Maternity Service or Barnsley 0-19 Public Health Nursing Service.