**Breast feeding Policy**

At Chalke Valley Playschool, we recognise the significant benefits of breastfeeding for both mothers and their babies. We are committed to supporting all mothers in making informed choices about infant feeding and respecting those choices. Our staff provide clear, impartial information and fully support parents in their decisions.

**Policy Statement**

We promote the Department of Health’s recommendations on infant feeding:

* Breastmilk is the optimal form of nutrition for infants.
* Exclusive breastfeeding is recommended for the first six months (26 weeks) of an infant’s life.
* Six months is the recommended age for introducing solid foods.
* Breastfeeding (and/or breast milk substitutes, if used) should continue beyond the first six months, alongside appropriate solid foods.

**Our Commitment**

1. **Supporting New and Expectant Mothers**
   * We provide information to support breastfeeding mothers, including leaflets and signposting to local support groups and resources.
   * Staff promote the benefits of breastfeeding to expectant and new mothers attending the setting.
2. **Breastfeeding in the Setting**
   * Mothers are welcome and supported to breastfeed their babies on the premises.
   * We provide a comfortable and hygienic environment for breastfeeding and will make every effort to accommodate mothers who prefer privacy.
   * Breastfeeding will never be offered in toilets or baby changing areas, as these are not hygienic or suitable environments.
3. **Handling Objections**
   * If a visitor objects to a mother breastfeeding, the visitor will be moved to another area where they cannot view the mother.
   * The breastfeeding mother will not be disturbed or asked to move.
4. **Promotion of Breastfeeding**
   * We do not display publicity materials for formula feeding or bottle feeding in the setting.
   * Staff work in collaboration with healthcare professionals and voluntary support groups to promote a consistent message about the benefits of breastfeeding.
5. **Respect for Parental Choice**
   * Staff respect all parents’ feeding choices and do not discriminate based on their decision to breastfeed or use breast milk substitutes.
   * No mother will be pressured or dictated to about her feeding choices.
6. **Access to Information**
   * Information and advice are accessible to all parents via trusted resources such as the NHS:  
     [Breastfeeding and Bottle-Feeding Advice (NHS)](www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/).

At Chalke Valley Playschool, we aim to create a welcoming and supportive environment where all families feel confident and valued in their feeding decisions.