In hospital...

- Everyone who takes care of you before, during, and after the birth of your baby is educated to support you while you begin breastfeeding.
- We will give you the information you need to make an informed decision about feeding your baby based on the latest research and experience.
- We will encourage skin-to-skin contact between you and your baby right after birth to help you get a good start breastfeeding.
- We will help you learn how to position and latch your baby to breastfeed successfully.
- We will not feed your baby anything other than your breastmilk unless it’s medically needed.
- We will keep you and your baby together day and night unless a medical or safety reason prevents this.
- We will help you learn to understand hunger signs and feeding cues so you’ll know when to feed your baby.
- We will not give your baby soothers or bottles with nipples because these can cause problems with breastfeeding.
- We will make sure you know about community breastfeeding support programs and have their phone numbers.

In the community...

- Our staff is educated to support you with breastfeeding your baby.
- While you’re pregnant, we will give you the information you need to make an informed decision about feeding your baby based on the latest research and experience.
- We will support you to feed your baby only breastmilk for the first six months.
- We will help you to learn about the solid foods your baby needs from six months on while continuing to breastfeed.
- We will continue to support you and your baby to breastfeed for two years and beyond.
- We will offer a welcoming place for you to breastfeed your baby.
- We will work with your community to promote, protect and support breastfeeding.

Breastfeeding is the normal, safest, and best way to feed your baby and toddler. It’s the first step in a lifetime of healthy eating!