

Breast Feeding Policy

Oak Park Moms and Tots recognize the benefits of breastfeeding for health and bonding. We will nurture a welcoming environment where breastfeeding is encouraged and supported so women can breastfeed their children for at least the first six months of life. We respect a women's decision to bottle feed and will support her in that decision in the true spirit of family resource programs.

Communication

This policy is shared with staff at the time of hire and reviewed at coaching each year and is included in the staff handbook

This policy is reviewed with the board at the beginning of each term and included in the Board Binders.

Training

All staff must complete the breastfeeding Course online within six months of hire at <http://www.simcoemuskokahealth.org/Facts/Breastfeeding/HMHBBC/index.asp>

The "Three Easy Steps to Discussing Breastfeeding" and the "Benefits of Breastfeeding" are included in the staff handbook.

Information and Support

Women are informed of the benefits of breastfeeding through the non commercial pamphlets and books available in our program and through referral to ...

La Leche League 416-483-3368 hotline and info on local programs- we encourage participation in Milton's group.

Region of Halton Breastfeeding Connection Mon-Fri 8:30-4:30 905-825-6000

Oakville Trafalgar Hospital's Breastfeeding 24hr hotline 905-338-4131

People will also be referred to the breastfeeding resources and links on our website including the links to Dr. Newman's site with helpful video clips

www.learning4lyf.ca/other%20services.htm ,

Simcoe Muskoka Health Dept.

www.simcoemuskokahealth.org/Facts/Breastfeeding/Breastfeeding_Your_Baby.asp#.

We will cooperate with and promote breastfeeding activities in the region including the "Breastfeeding Challenge".

Display a Breastfeeding poster and purchase children's books that show breastfeeding.

Environment

Provide seating for women who are breastfeeding and a welcoming atmosphere. We will reassure women that they are welcome to breastfeed in all our programs.

Members who choose to bottle feed their babies are supported.

Books in our book lending library will include books that show breastfeeding.

Breast Milk Substitutes

We will not promote or distribute breast milk substitutes.