



BREASTFEEDING POLICY

Breastfeeding is important for infants' nutrition. Australian and international health authorities recommend exclusive breastfeeding until around 6 months. At around 6 months, solid food can then be offered while breastfeeding is continued until 12 months or longer if the mother and baby wish (NSW Ministry of Health, 2014, p. 10).

Langwarrin Community Centre respects and supports mothers' wishes to continue to breastfeed, as we understand that returning to work is a common reason for discontinuing breastfeeding. We provide a welcoming environment for mothers to continue to breastfeed or express breastmilk.

All educators understand their role and responsibilities to ensure the safe storage and handling of breastmilk and adhere to the feeding practices outlined by families.

NATIONAL QUALITY STANDARD (NQS)

| QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY | | |
|--|----------------------------|---|
| 2.1.3 | Healthy Lifestyles | Healthy eating and physical activity are promoted and appropriate for each child. |
| QUALITY AREA 6: COLLABORATIVE PARTNERSHIPS WITH FAMILIES AND COMMUNITIES | | |
| 6.2 | Collaborative partnerships | Collaborative partnerships enhance children's inclusion, learning and wellbeing |

| EDUCATION AND CARE SERVICES NATIONAL REGULATIONS | |
|--|---|
| 77 | Health, hygiene and safe food practices |
| 78 | Food and beverages |
| 168 | Education and care services must have policies and procedures |
| 170 | Policies and Procedures to be followed |
| 171 | Policies and procedures to be kept available |
| 172 | Notification of change to policies or procedures |

RELATED LEGISLATION



Sex Discrimination Act 1984 (Cth)

RELATED POLICIES

| | |
|---|---|
| Bottled Safety and Preparation Policy Health and Safety Policy | Nutrition and Food Safety Policy Work Health and Safety Policy |
|---|---|

PURPOSE

Our Service recognises the importance of breast milk for the developing infant and will ensure that all families are aware of our commitment to supporting mothers to continue to provide their child with breast milk whilst at the Service.

SCOPE

This policy applies to children, families, educators, staff, management, Approved Provider, Nominated Supervisor, students, volunteers and visitors of the Service.

IMPLEMENTATION

An important function of breast milk is to provide the mother's antibodies to the infant, assisting in the prevention of illness whilst the immune system is developed. Mothers of infants will be supported to continue to breastfeed, whether by providing expressed breast milk or visiting the Service to feed their child.

THE APPROVED PROVIDER AND NOMINATED SUPERVISOR WILL ENSURE:

- a quiet, clean, and comfortable place is provided for mothers to comfortably breastfeed or express breast milk
- staff are aware that it is a mother's legal right to breastfeed
- educators, staff, students, visitors and volunteers have knowledge of and adhere to this policy
- families are aware of this *Breastfeeding Policy*

EDUCATORS WILL:

- provide mothers with a private, clean and quiet place to breastfeed their children or express milk
- store and handle expressed breast milk in accordance with the *Bottle Safety and Preparation Policy*
- provide daily information to families regarding infant's feeding intake
- communicate regularly with families about infant and children's feeding patterns and routines



FAMILIES WILL:

- be informed during orientation of requirements relating to the labelling of bottles of breast milk (as per- *Bottle Safety and Preparation Policy*)
- be informed of where they are able to breastfeed or express milk
- be encouraged to communicate regularly with educators about children's bottle and feeding requirements.

STAFF/EDUCATOR TRAINING

Our Service will:

- familiarise new educators and staff with the *Breastfeeding Policy* and offer appropriate training as required, including alternate strategies for feeding if an infant will not accept a bottle
- ensure all educators show due respect and support to mothers who cannot, or do not wish to breastfeed.

SUPPORT FOR EDUCATORS AND STAFF WHO ARE BREASTFEEDING

The Service will:

- not discriminate against women who are breastfeeding
- make all reasonable efforts to support a staff member's request to continue breastfeeding their child
- provide breastfeeding employees with a flexible schedule to allow for breastfeeding or expressing breast milk for their infant
- provide breastfeeding employees with a private, clean and quiet place to breastfeed their infant or express milk.

RESOURCES

To request a free *Breastfeeding-friendly zone* sticker for Service entry doors or windows go to:

www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-stickers (sheet 2)

Note: This image can also be copied and printed.

Register for *Breastfeeding welcome here* Service for stickers, posters, and more:

<https://www.breastfeeding.asn.au/services/welcome>

CONTINUOUS IMPROVEMENT/REFLECTION

The *Breastfeeding Policy* will be reviewed on an annual basis in conjunction with children, families, staff, educators and management.



SOURCE

[Australian Breastfeeding Association](#)

Australian Children's Education & Care Quality Authority. (2014).

Australian Children's Education & Care Quality Authority. (2023). [Guide to the National Quality Framework](#).

Australian Government Department of Health and Aged Care. [National Women's Health Strategy 2020-2030](#)

Australian Government National Health and Medical Research Council. (2013). [Infant feeding guidelines: Information for health workers](#).

Education and Care Services National Law Act 2010. (Amended 2023).

[Education and Care Services National Regulations](#). (Amended 2023).

National Health and Medical Research Council. (2013). *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5th Ed.). Australia: Commonwealth of Australia.

NSW Ministry of Health. (2014). [Caring for children birth to 5 years: Food, nutrition and learning experiences](#).

Safe Food and Health Service Executive. (2013). How to prepare your baby's bottle.

State Government Victoria Department of Education and Early Childhood Development (2014). *Promoting Breastfeeding Victorian Breastfeeding Guidelines*

REVIEW

| | | | |
|---------------------|---|------------------|----------|
| POLICY REVIEWED BY: | Carol Hopkins | CSO | Dec 2024 |
| POLICY REVIEWED | Dec 2024 | NEXT REVIEW DATE | Dec 2027 |
| VERSION NUMBER | <ul style="list-style-type: none"> V2 12.24 | | |
| MODIFICATIONS | <ul style="list-style-type: none"> policy review added related legislation- Sexual Discrimination Act sources checked for currency and updated as required | | |
| APPROVED BY | | | |

| | | | |
|---------------------|--|------------------|------------|
| POLICY REVIEWED BY: | Carol Hopkins | CSO | April 2023 |
| POLICY REVIEWED | April 2023 | NEXT REVIEW DATE | April 2024 |
| VERSION NUMBER | <ul style="list-style-type: none"> New Policy | | |
| MODIFICATIONS | <ul style="list-style-type: none"> New Policy | | |
| APPROVED BY | | | |
| POLICY REVIEWED | PREVIOUS MODIFICATIONS | REVIEW DATE | |
| | | | |

