

Infant Feeding

A guide for SFH staff going on leave or returning to work

Thinking of breastfeeding or chestfeeding your baby?

At SFH we run weekly breastfeeding/chestfeeding classes.

We also offer a click and collect service for colostrum kits (from 37 weeks) - Ask your Community Midwife for info.

The Lime Green Team provides postnatal feeding support when baby is born.

Returning to work?

You will be supported to continue nursing your child when you come back to work at SFH. We are a Baby Friendly Accredited trust, and want parents to feel confident they will be supported, on an individual basis.

All managers and colleagues are expected to be respectful and accommodating of anyone continuing to feed their child, in accordance with trust values.

Contact your manager by email and HR 28 days before you return, to help you plan for feeding or pumping milk whilst at work and also complete a risk assessment.

Where can I pump milk or feed my child?

We have a private and comfy feeding and expressing pod within the KTC main entrance - you should never be expected to use a toilet or non-private room.

You can continue to feed your milk to your baby when you come back to work - you have several options which depend on your baby's age and your preferences (ABM, 2021).

Any questions or concerns contact Natalie, Infant Feeding Specialist Midwife on x6575.

Links

Nutrition for Breastfeeding Toddlers <https://kellymom.com/nutrition/starting-solids/toddler-foods/>

Still Nursing? - La Leche League GB Working and Breastfeeding/Chestfeeding <https://www.laleche.org.uk/working-and-breastfeeding/>

Returning to work whilst Breastfeeding (ABM) <https://abm.me.uk/breastfeeding-information/breastfeeding-work/>

Milk pumping calculator <https://kellymom.com/bf/pumpingmoms/%20pumping/milkcalc/>

SFH Policy <https://www.sfh-tr.nhs.uk/about-us/policies-and-procedures/non-clinical-policies-procedures/human-resources/?id=15624>

First Steps - Infant milks <https://www.firststepsnutrition.org/parents-carers>

Reasons to keep feeding your milk to your child

- Live constituents in human milk, including immunoglobulins destroy harmful pathogens, and boost the immune system.
- Your milk alone is vital to your baby during the first six months of life, and continues to be an important part of their diet until 12 months and beyond (LLL, 2016).
- The Association of Breastfeeding Mothers (ABM) says, "The needs of a very young baby whose mother is returning to work full time, will be different to that of an older baby whose mother is returning part time. A baby of eight months who has started taking solid food, will have less need for milk while you're at work, and can have some water in a beaker rather than milk as long as breastfeeding is plentiful for the rest of the time."
- Nursing beyond babyhood is normal - All children stop breastfeeding eventually, but some finish earlier than others. (LLL, 2016).
- The World Health Organisation recommends parents continue nursing until age 2 and beyond, as human milk is a valuable source of nutrition, protection and comfort and also long-term health benefits for parent and child.
- If you are also using formula then babies only need 1st milk for the first year, and can move to cow's milk after this if you wish – follow on formula and toddler milks are not needed (First Steps, 2021). However there is no need to add cow's milk to your toddler's diet as long as your child is nursing at least 3-4 times per day. (Kellymom, 2018).
- Parents who are supported to feed have increased morale and productivity, lower stress levels, and are less likely to need time off for child sickness. It is a way to reconnect when you see each other again after you finish your shift.

