Counties Manukau District Health Board supports the right of all parents to make informed choices about infant feeding. All CMDHB staff will support you in your decision.

We believe that breastfeeding is the healthiest way to feed your baby and we recognise the important benefits which breastfeeding provides for both you and your child. We therefore encourage you to breastfeed your baby.

**Steps our staff will take to help you to breastfeed successfully:**

Our staff have been specially trained to help you to breastfeed your baby.

- During your pregnancy, you will be able to discuss breastfeeding individually with a midwife who will answer any questions you may have.

- You will have the opportunity to hold your new baby against your skin soon after birth. The staff will not interfere or hurry you but will be there to support you and to help you with your first breastfeed.

- A midwife will be available to explain how to put your baby to the breast correctly and to help with feeds while you are in hospital.

- You will be shown how to express your breastmilk and you will be given written information on this which you can refer to once you are home.

- Most babies do not need to be given anything other than breastmilk for their first six months. If for some reason your baby needs some other feed, this will be explained to you by the staff before you are asked to give your permission.

- Normally, your baby will be with you at all times. If any medical procedures are necessary, you will always be invited to accompany your baby.

- You will be encouraged to feed your baby whenever he or she shows cues.

- We recommend that you avoid using bottles, dummies and teats while your baby is learning to breastfeed. This is because they can change the way your baby sucks, meaning that it can be more difficult for your baby to breastfeed successfully.

- Our staff will check that you have the telephone number for your Lead maternity Carer (LMC) or designated CMDHB Community Midwife (as applicable). This midwife will visit you within 24 hours of discharge.

- Before you leave hospital, you will be given a list of telephone numbers of people who can provide extra help and support with breastfeeding when you are at home.

CMDHB maternity facilities will protect, promote and support breastfeeding through the WHO/UNICEF “Ten Steps to Successful Breastfeeding” and the WHO Code of Marketing of Breastmilk Substitutes (and relevant, subsequent World Health Assembly resolutions), implemented as the Baby Friendly Hospital Initiative.

CMDHB acknowledges the Treaty of Waitangi as the founding document of New Zealand and recognises and respects the principles of protection, participation and partnership of the Treaty.

*This is your guide to the breastfeeding policy. Please ask a member of staff if you wish to see the full policy.*