

Health PEI promotes, supports, and protects **BREASTFEEDING!**

It is our policy to promote, protect, and support breastfeeding, and to respect the decision each mother makes about how to feed her baby.

We are committed to help you and your baby breastfeed-
In hospital, at home, and in the community.



Breastfeeding
is the first step to
a lifetime of
HEALTHY eating!

IN HOSPITAL...

- Our staff is educated to support you as you begin to breastfeed your baby.
- We will give you all 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 and throughout your hospital stay.
- 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 without your consent.
- 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 how to access them.

IN COMMUNITY...

- Our staff is educated to support you as you continue to breastfeed your baby.
- During your pregnancy 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 about the first six months.
- We will help you 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.