



# mother's milk

## baby's choice

Breastfeeding is the normal method of feeding infants and young children. In support of women who breastfeed and in accordance with the World Health Organization/UNICEF Baby Friendly Initiative and the Breastfeeding Committee for Canada, we will:

- Communicate the breastfeeding policy to all health care providers and volunteers.
- Educate and support all health care providers involved in the care of mothers and young children in the necessary skills to implement the policy.
- Inform pregnant women, their families, and their communities, including their work sites, about the benefits and management of breastfeeding.
- Provide a welcoming atmosphere for breastfeeding families.
- Help mothers initiate breastfeeding within the first half hour after birth.

- Show mothers how to breastfeed and how to maintain lactation if they are separated from their breastfeeding child.
- Practice rooming-in. Encourage mothers and infants to remain together 24 hours a day.
- Encourage breastfeeding on demand.
- Give newborn infants no food or drink other than breast milk unless medically indicated.
- Support exclusive breastfeeding for six months.
- Encourage sustained breastfeeding beyond six months to two years or more with appropriate introduction of complimentary foods.
- Give no artificial pacifiers or soothers to the breastfeeding child.
- Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.
- Promote collaboration among health care providers, breastfeeding support groups, the local community, unions, and work sites.



Breastfeeding Committee  
for Saskatchewan

*Adapted with permission from the Saskatoon Health Region.*