Maryhill Park Nursery School

Breast Feeding Friendly Policy

At Maryhill Park we strive to make our nursery a warm and welcoming environment for all. As a nursery we aim to ensure that we are involved in developing and promoting breastfeeding as a positive choice; increasing staff knowledge and awareness to provide a welcoming atmosphere for anyone that is breastfeeding.

For employees:

We are committed to making provision for employees who wish to continue breastfeeding after their return to work following maternity leave. When planning to return to work following maternity leave, employees should notify their line manager that they wish to continue breastfeeding.

The following information is taken from the NHS website:

Breastfeeding exclusively (giving your baby no other food or drink) is recommended for around the first 6 months. After this time, breastfeeding is recommended alongside solid food.

Therefore, it's likely that you'll be breastfeeding when you return to work, training or education.

Before returning to work you can:

- *label and date expressed breast milk before putting it in the fridge or freezer so your childminder knows which one to use first*
- *have a trial run with childcare before returning to work*
- *store breast milk in a sterilised container or in special breast milk storage bags in the fridge for up to 5 days at 4C or lower (you can buy fridge thermometers online) – if you're not sure of the temperature of your fridge, or it's higher than 4C, use it within 3 days*

Role of the establishment:

- Ensure that employees are aware of the policy prior to commencing maternity leave.
- Discuss breastfeeding arrangements with the employee before their return to work, once the employee has confirmed their intention to continue

breastfeeding, arrangements should be made to facilitate this. This would be on an individual basis.
- Carry out a risk assessment which will identify particular risks which must be considered prior to the employees return.

Role of the Employee:

- Inform your line manager that you wish to continue breastfeeding upon your return to work, this should be done as soon as is reasonably possible.
- Discuss any breastfeeding arrangements with your manager.

For Parents/ Carers:

As an establishment which has breast feeding friendly scheme we are committed to actively promoting a supportive breast feeding culture for parents/families. This allows for a feeling of comfort to breastfeed within our establishment and reassure our families that we offer the best support possible.

Role of the establishment:

- A comfortable, welcoming environment will always be available for families.

We have completed the Breast Feeding Friendly Scotland training as an establishment in 2024. If you would like any further information please ask our champion Amy.

Written by Morag McKenzie – Acting Head of Nursery

On October 2024

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