# Breastfeeding Policy Insert

*Note*: *The following statement has been developed to assist early childhood education and care services modify their existing policy or create their own procedure/guideline that meets the Munch & Move policy recommendations. The statement can be edited, however, please ensure that all of the below elements recommended by Munch & Move are retained.*

## Statement for Breastfeeding (services with children aged 0-12 months)

Our service is committed to implementing and embedding the healthy eating key messages outlined in the *Munch & Move* program into our curriculum,and to supporting the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the [*Get Up & Grow*](https://www1.health.gov.au/internet/main/publishing.nsf/Content/2CDB3A000FE57A4ECA257BF0001916EC/$File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf)resources and the current national [*Infant Feeding Guidelines*](https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/170131_n56_infant_feeding_guidelines_summary.pdf).

Our service will encourage and support breastfeeding by:

* + Informing families that the service supports breastfeeding at first contact or at orientation, and asking if families would like to continue offering their infant breastmilk while in care.
  + Asking families about breastfeeding at the time of enrolment.
  + Providing a suitable place within the service where mothers can breastfeed their infants or express breastmilk. This place may include an electrical outlet, comfortable chair, a change table and nearby access to hand washing facilities.
  + Developing a documented feeding plan for breastfed infants in consultation with family members. The plan will include arrangements for what the service should do if the service does not have enough expressed breastmilk to meet the infant’s needs.