## **Sample Statement for Online Platform**

Having information on your website or alternative online platform, such as Facebook, around breastfeeding and infant feeding practices at your service, can be reassuring. It can provide current and prospective parents with reassurance that they can continue to breastfeed (if desired), and their child will be supported to enjoy a variety of healthy foods in a supportive mealtime environment.

This resource provides an example statement you may like to add to your online platform, such as Facebook. All recommended elements from the Tiny Bites self-assessment are covered by the 5 key areas in the statement. Feel free to use this statement as inspiration, copy and paste directly onto your online platform, or make any necessary adjustments to meet your service needs.

**Example statement**

Here's some of the ways we support your child’s nutrition at our service:

* Parents can drop in to breastfeed their child.
* Families can pack expressed breastmilk for their child. We have procedures to make sure breastmilk is stored and handled safely.
* We're here to support you when it's time for your child to start solid foods, including moving on to different textures.
* Our menu is based on the Australian Dietary Guidelines and includes a variety of nutritious meals from the 5 food groups.
* Our educators eat with the children and support them to try new foods without pressure.

***See next page for example Facebook post.***

**Example Facebook post**

