



This is your guide to our  
Baby-Friendly Policy. If you  
would like to see the full policy,  
please ask our staff or visit  
[www.wdgppublichealth.ca](http://www.wdgppublichealth.ca).



# Baby-Friendly Policy

Parents' Guide



1-800-265-7293  
[info@wdgppublichealth.ca](mailto:info@wdgppublichealth.ca)  
[www.wdgppublichealth.ca](http://www.wdgppublichealth.ca)

## Our aim

### We:

- Support your right to make an informed decision about how you feed your baby, and we will support the decision you make.
- Encourage you to breastfeed.
- Believe that breastfeeding is the healthiest way to feed your baby.
- Welcome breastfeeding in all areas of our service. Let us know if you want your own quiet space.
- Work to make sure that breastfeeding is welcome everywhere in our community.
- Give you information about how to safely prepare formula, if you decide to formula feed.

### We do not:

- Allow formula to be advertised in our agency.
- Give out formula or bottles.



## How we help you breastfeed your baby

### We:

- Offer a prenatal breastfeeding class to give you information and the confidence to breastfeed.
- Offer you a home visit if you need support.
- Train our public health nurses, nutritionists and family visitors to support you.
- Check how your breastfeeding is going. We can give you help as your baby grows.
- Talk with you about breastfeeding and answer your questions.
- Offer you written information to take home.
- Show you how to express your breastmilk by hand and/or use a breast pump.
- Help you know when your baby is ready for other foods (after 6 months). We also show you how to begin feeding your baby these foods.
- Give you phone numbers of people you can call for more help and support.



### We encourage you to:

- Keep your baby skin-to-skin immediately after birth until your baby feeds or as long as you want.
- Keep your baby near you so you can get to know each other.
- Feed your baby whenever he or she is hungry.
- Avoid using bottles or pacifiers while breastfeeding.
- Feed your baby only breastmilk until he or she is 6 months old. (If you're told your baby needs other food or drink before this, ask why.)
- Introduce solids at 6 months and continue to breastfeed until 2 years and beyond.