

Being breastfeeding friendly in early childhood education

Kia whakanui i te whāngai ū ki roto i te Mātauranga mō ngā Kōhungahunga



Creating a mother and breastfeeding friendly environment: Counting 1 to 5

1. Have a written breastfeeding policy.
Kia tūhia he kaupapa whāngai ū.
2. Provide a culturally appropriate breastfeeding environment that meets the needs of all women using the centre.
Kia tū he wāhi manaaki mō te whāngai ū, mō ngā wāhine katoa.
3. Have breastfeeding posters displayed.
Kia whakaatu ngā pānui o te whāngai ū.
4. Provide a supportive, welcoming and comfortable environment for breastfeeding women.
Kia tū tētahi wāhi tautoko, wāhi āhuru mō ngā wāhine e whāngai ū ana.
5. Promote communication between ECE practitioners, parents and breastfeeding support groups and the local community.
Ka whakanuia e mātou i te whakawhiti whakaaro, whakawhiti kōrero ki waenga i ngā mātanga o te Mātauranga mō ngā Kōhungahunga, ngā mātua, ngā rōpū tautoko ia rātou e whāngai ū ana me te hāpori.

Three simple key elements to breastfeeding friendly

1. People

- Staff creation of an environment where breastfeeding is accepted
- Positive comments about breastfeeding
- Staff who welcome and encourage breastfeeding women

2. Places

- Comfortable places
- Private space if necessary
- Dedicated space if possible
- Access to washbasins and electrical outlets where necessary

3. Things

- Breastfeeding posters
- Parent breastfeeding plans
- Breastfeeding welcome here signage
- Chairs and cushions
- A fridge to store breast milk



A breastfeeding friendly philosophy

Statement of support for breastfeeding

In a breastfeeding friendly service staff recognise the importance of breastfeeding to the infant, young child and mother, both in the short and long-term, for the health, developmental, emotional, nutritional, social, environmental and sustainable advantages breastfeeding provides.

The aim is to provide a supportive environment for breastfeeding women and breastfeeding staff members returning to the paid workforce.

Support

This support involves provision of a private room if possible and where necessary for women to breastfeed, or for staff who are breastfeeding to express breast milk. Breastfeeding women are also welcome to breastfeed in comfort in other rooms used by mothers, infants and children on the premises.

Facilities

The facilities aim to include comfortable seating, access to a washbasin, access to a fridge for the storage of breast milk, and access to a power point as needed.

Rest breaks

Women employees who are breastfeeding or expressing breast milk are entitled to reasonable rest breaks. The 'Breaks and Infant Feeding' provisions are contained in the Employment Relations (Rest Breaks, Infant Feeding and Other Matters) Amendment Act and became law on 1st April 2009. The legislation requires employers to provide employees with paid rest breaks and unpaid meal breaks.

A Culturally Appropriate Environment

1. The ECE service is committed to working within an appropriate bicultural model—The Treaty of Waitangi principles of partnership, participation and protection, with recognition that this is paramount for an appropriate and effective ECE service for Māori people and for the provision of culturally respectful and safe services related to breastfeeding practices.
2. The ECE service is committed to providing culturally appropriate and respectful services for Pacific Island women who are breastfeeding.
3. The ECE service is committed to providing culturally appropriate and respectful care to breastfeeding women from every culture and specific requirements, such as privacy requirements for breastfeeding and a male-free area for Muslim breastfeeding women will be taken into account.
4. It is helpful if ECE staff offer support to breastfeeding women verbally, as cultural differences may make it less likely that some mothers will ask if they may breastfeed.



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 Mātauranga mo nga Kōhūngahunga



Photo: Jacinda Stuart

Business advantages: Why support breastfeeding?

Breastfeeding women are increasingly interested in finding a service that supports them to keep breastfeeding for longer when they return to the paid workforce and/or make their important decision about which ECE centre to use.

In the competitive early childhood marketplace having a breastfeeding policy and a supportive and breastfeeding friendly environment may provide the impetus for a parent decision.

With an opportunity to choose between a designated breastfeeding friendly centre or one without policy and signage women may go the breastfeeding friendly way.

Why support breastfeeding?

Healthy children: breastfeeding is associated with a reduction in the risk of chest infections, coughs and colds, ear infections, bladder infections, diarrhoea, eczema, childhood asthma, obesity, types 1 and 2 diabetes, childhood leukaemia and lymphoma, sudden unexplained death in infancy (SUDI) and bowel diseases.

Healthy mothers: breastfeeding provides women with protection against breast and ovarian cancer, osteoporosis, diabetes, heart disease, and obesity. It also reduces responses to stress and contributes to natural child spacing and recovery from birth.

Healthy society: breastfeeding supports health for all and there are significant cost savings in the health sector.

Healthy environment: no waste materials, no waste of water, no contamination of water. Breastfeeding is a sustainable and naturally renewable resource.



Carol Bartle
 Te Puawaitanga ki Otautahi Trust,
 Judith Duncan, University of Canterbury

Infant and young child feeding

World Health Organisation, Global Strategy for Infant and Young Child Feeding. <http://whqlibdoc.who.int/publications/2003/9241562218.pdf?ua=1>

World Health Organisation, Guiding principles for complementary feeding of the breastfed child. <http://whqlibdoc.who.int/paho/2003/a85622.pdf?ua=1>

World Health Organisation, International Code of Marketing of Breast-Milk Substitutes <http://whqlibdoc.who.int/publications/9241541601.pdf?ua=1>

Information about the rights of breastfeeding women and workplace legislation

Ministry of Business, Innovation and Employment http://www.dol.govt.nz/er/holidayandleave/parentalleave/infantfeeding/index.aspx?utm_source=newzealandnow.govt.nz

Breastfeeding in the workplace – A Guide for Employers <http://www.dol.govt.nz/er/holidayandleave/parentalleave/infantfeeding/breastfeeding.pdf>

Code of Employment Practice on Infant Feeding <http://www.dol.govt.nz/er/holidayandleave/parentalleave/infantfeeding/cpe-infant-feeding.pdf>

Your Rights as a Breastfeeding Mother. <http://www.neon.org.nz/documents/3%20breastfeeding%20flyer%20English.pdf>

The Right to Breastfeed, Human Rights Commission <http://www.hrc.co.nz/report/chapters/chapter9/issue04.html>

Human Rights Instrument supporting motherhood, liberty and Humanity, Elizabeth Willmott-Harrop <http://www.libertyandhumanity.com/themes/maternal-and-infant-health/human-rights-instruments-supporting-motherhood/>

Literature Review - Protecting, Promoting and Supporting Breastfeeding in Early Childhood education, Professor Judith Duncan and Carol Bartle. Accessible at-

Te Puawaitanga ki Otautahi Trust <http://whanauaunasereservices.co.nz/about-te-puawaitanga-ki-otautahi-trust>

Women's Health Action Trust <http://www.womens-health.org.nz/>

Canterbury Breastfeeding Network - <http://www.cbnet.org.nz/>

Articles of Interest

Bartle, C., & Duncan, J. (2010). Food for thought: Breastfeeding and early childhood services. *Early Childhood Folio*, 12 (2), 31-36.

Kent, G. (2001). Breastfeeding: A Human Rights Issue? *The Society for International Development*, 44(2):93-98.

<http://www2.hawaii.edu/~kent/breastfeedingrights.pdf>

Kent, G. (2006). Child Feeding and Human Rights. *International Breastfeeding Journal*, 1(27):1-12.

<http://www.internationalbreastfeedingjournal.com/content/1/1/27>

Links to resources

Breastfeeding and infant feeding information

- La Leche League New Zealand <http://www.lalecheleague.org.nz/>
- Ministry of Health <http://www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding>
- Women's Health Action <http://www.womens-health.org.nz/breastfeeding.html>
- Breastfeeding and nutrition including formula feeding and starting solids. Kid's Health <http://www.kidshealth.org.nz/tags/nutrition-0-12-months>
- KellyMom – Breastfeeding and Parenting <http://kellymom.com/>
- International Breastfeeding Centre <http://www.nbci.ca/>
- Ministry of Health. Infant formula feeding <http://www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding/formula-feeding>
- Expressing breast milk and storing expressed milk <http://www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding/expressing-breast-milk-and-storing-expressed-milk>
- Breastfeeding and working <https://www.healthed.govt.nz/resource/breastfeeding-and-working-%E2%80%93-english-version>