

TOGETHER
for
LIFE

BREASTFEEDING POLICY

OF THE CIUSSS DE L'ESTRIE – CHUS

The CIUSSS de l'Estrie – CHUS acknowledges that breastfeeding is the gold standard for feeding infants and young children. Breastfeeding provides many health advantages for infants, mothers, families and society in general.

RECOMMENDATIONS

National and international guidelines recommend exclusive breastfeeding for the first 6 months of life and continued breastfeeding with appropriate complementary foods for up to two years and beyond.

PROTECTING, PROMOTING AND SUPPORTING BREASTFEEDING

We apply the *Baby-Friendly Initiative*, an international program which aims to give every child the best possible start in life by creating an environment that is open and conducive to breastfeeding. We also recognize parental autonomy and competence by welcoming, informing, and assisting parents regardless of whether their children are breastfed or not.

TRAINING

We see to it that our staff has the knowledge and skills required to support families.



PRACTICE

We are committed to supporting expectant and current mothers and fathers by providing them with information that is accurate and up to date on breastfeeding and breastfeeding practices.



We implement practices that are conducive to breastfeeding, including:

- skin-to-skin contact for at least one hour following birth;
- feeding as soon as possible or as soon as the baby is ready;
- uninterrupted rooming-in (mother and child remain together at all time);
- exclusive breastfeeding (no foods or beverages other than breast milk unless medically indicated);
- not using artificial teats or pacifiers.

ASSISTANCE

We assist mothers in initiating breastfeeding and pursuing lactation even if they must be separated from their babies. We encourage mothers to engage in baby-led or cue-based breastfeeding. We are committed to supporting families during difficult periods and throughout the breastfeeding period, be it at the hospital, the birth center, the CLSC or the Family medicine group (FMG).



COMMUNITY RESOURCES

We inform families about community resources which provide breastfeeding assistance and support services. We then refer families to the resources which best suit their needs



ETHICS

We comply with the WHO and UNICEF *International Code of Marketing of Breastmilk Substitutes*, which helps to provide babies with safe, healthy and appropriate sources of nutrition by protecting and promoting breastfeeding.

Mothers who do not breastfeed or stop breastfeeding are given personalized education on how to feed their neonates. They also benefit from all the advantages of the enforcement of this policy.



MOTHERS CAN BREASTFEED THEIR CHILDREN ANYWHERE AT THE INSTITUTION. IF YOU WISH TO USE AN INTIMATE SPACE, PLEASE SPEAK TO OUR STAFF.

Québec