

# Our Baby-Friendly Pledge

Breastfeeding protects and enhances the health of babies, mothers, families, communities and the environment



## We...

**COMMIT** to help you and your family achieve the best possible health by providing information on the benefits of breastfeeding and the risks of not breastfeeding.

**HAVE** a breastfeeding policy and trained staff to support you to exclusively breastfeed for at least six months.

**SUPPORT** holding your baby skin-to-skin while in the hospital and at home regardless of how baby is fed. We **ENCOURAGE** you to watch for baby's feeding cues and feed them when ready.

**PROTECT** you by not giving out infant formula, bottles or pacifiers.

**ASSIST** you to breastfeed and maintain a good milk supply, including times when you and baby are separated or if your baby requires supplements for medical reasons.

**ENCOURAGE** mothers to feed your baby only breast milk for the first 6 months of life. At 6 months, when baby is ready, begin to feed solid foods and continue to breastfeed for up to 2 years and beyond.

**VALUE** strong connections with our community partners and offer **PEER SUPPORT** to mothers.

**WELCOME** you to breastfeed anytime, anywhere in our facilities.

Will **SUPPORT** your decision if you choose not to breastfeed.

Mothers are welcome to breastfeed here.

Las madres son bienvenidas a amamentar aqui

欢迎母亲在这里喂母乳

As mães são bem-vindas a amamentar aqui

Sinosoportahan naming ang mga ina na nagpapadede dito

Mamans, sentez-vous bien à l'aise d'allaiter ici.

Witamy matki karmiące piersią

ਮਾਵਾਂ ਇਥੇ ਆਪਣੇ ਬੱਚਿਆਂ ਨੂੰ ਆਪਣਾ ਦੁੱਧ ਪਿਲਾ ਸਕਦੀਆਂ ਹਨ

یہاں مائیں اپنے بچوں کو دودھ پلا سکتی ہیں

Region of Peel - Public Health 905-799-7700

BreastfeedingInPeel.ca

Breastfeeding Friendly



ANYTIME. ANYWHERE.

