

Sticky Fingers aspires to provide a safe, fun and welcoming environment for everyone. We offer children experiences to support their development, empowering them to reach their full potential



Sticky Fingers Pre-School  
Newlands  
% Newlands Primary School  
Windermere Avenue  
Millbrook  
SO16-9QX  
023 80764499  
07442379780

Sticky Fingers Pre-School  
Redbridge  
% Redbridge Primary school  
Studland Road  
Millbrook  
SO16-9BB  
02380 764717  
07726772381

Sticky Fingers Pre-school  
Tanners Brook  
% Regents Park Community  
centre  
Elmes Drive  
Millbrook  
SO15-4PF  
07871880785

Sticky Fingers Pre-school  
Spring road  
% 14th Itchen Scout hut  
Spring road  
Sholing  
Southampton  
SO19-2NZ

<https://www.facebook.com/stickyfingerspreschool>  
[info@stickyfingersps.co.uk](mailto:info@stickyfingersps.co.uk)

## 03 Food safety and nutrition procedures

### 03.5 Breast feeding

We recognise the important benefits of breastfeeding for both mothers and their babies. All mothers have the right to make informed choices and staff will ensure that clear and impartial information is available to all mothers. Staff will fully support parent's choices.

We promote the Department of Health's recommendations on feeding infants, as follows.

- Breastmilk is the best form of nutrition for infants.
- Exclusive breastfeeding is recommended for the first six months (26 weeks) of an infant's life.
- Six months is the recommended age for the introduction of solid foods for infants.
- Breastfeeding (and/or breast milk substitutes, if used) should continue beyond the first six months, along with appropriate types and amounts of solid foods.

#### General

- Support is offered to promote and maximise the benefits of breastfeeding to new and expectant mothers attending the setting. Information is provided in the form of leaflets and 'signposting' to support groups and other sources of information.
- Publicity materials for bottle feeding and formula milk are not displayed within the setting.
- Mothers are enabled and supported to feed their babies within the setting. Every effort will be made for mothers who wish to feed their babies in private to do so.
- Toilet and baby changing areas are not offered as areas for breastfeeding as these cannot offer a hygienic environment.
- If a visitor to the setting objects to a mother breastfeeding, the 'complainant' will be moved to an area where s/he can no longer view the mother. The mother will not be disturbed.
- Staff co-operate with healthcare professionals and voluntary support groups to ensure a consistent approach to the promotion of breastfeeding benefits throughout the setting. This will be achieved by sharing of information and resources

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- Staff do not discriminate against any mother in her chosen method of feeding and will not dictate choices to mothers

### Further Information and resources

Breastfeeding and bottle-feeding advice (NHS)

[www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/](http://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/)

Amended: November 2024

Review date: November 2025

Chair or Manager on behalf of Sticky  
Fingers: