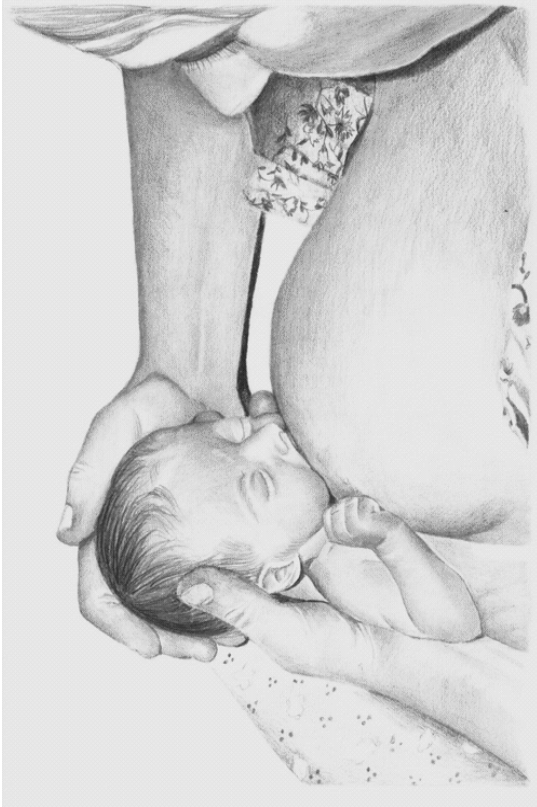


Hamilton Health Sciences' commitment to support and promote breastfeeding



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We welcome your comments about our commitment to breastfeeding.

Please talk with any member of your health care team.

We believe that:

- Breastmilk is the normal and unequalled food for your baby.
- Breastfeeding is the optimal way to feed your baby. Breastfeeding benefits you and your baby by promoting physical and emotional health.
- Learning about breastfeeding and its benefits can help you make an informed choice about feeding your baby.

We will:

- Help you start breastfeeding within 30 minutes of your baby's birth.
- Encourage mothers and babies to stay together for skin-to-skin contact, breastfeeding on demand at least 8 to 12 times in 24 hours.
- Guide, teach and support you as you breastfeed your baby. If your baby is unable to breastfeed, we will help you learn to express your breastmilk within 4 to 6 hours after your baby's birth.
- Educate the staff who care for mothers and babies to support and promote breastfeeding.
- Give no artificial nipples, soothers or formula unless it is necessary for baby's health.
- Respect your decision(s) of how you wish to feed your baby.
- Let you know where you can get breastfeeding help and support in the hospital and community.

Affiliated with the Faculty of Health Sciences, McMaster University

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