



POLICY FOR BREASTFEEDING AND CHILDREN NUTRITION

♥ **TO BREASTFEED ACCORDING TO NATURE** – Breastfeeding time is the most natural method to feed your child; it is important for your own health, for your child's health and for society.

♥ **TO BE PROTECTED AGAINST ADVERTISING** – The Local Health Authority of Val Padana (ATS), the Hospitals (ASST) of Crema, Cremona and Mantova, family planning clinics, family pediatricians and mom groups participate to the World Health Organization (WHO) – UNICEF initiative “Together for breastfeeding”, endorsing the good practices expected to be implemented in health care structures. They have signed the WHO International Code of Marketing of Breast-milk Substitutes, which protects the families against any kind of promotion or advertisement of breast-milk substitutes. Health care professionals provide support and practical information, independently of any commercial interest.

♥ **TO BE SUPPORTED BY TRAINED PROFESSIONALS** – All our professionals received specific training on breastfeeding and children's feeding, to help you feed your child.

♥ **AN INFORMED CHOICE** – All parents have the right to choose how to feed their child. Since the beginning of pregnancy, you will receive by our professionals all the needed information and practical help to breastfeed. Are there any serious reasons for which breastfeeding is contraindicated? Is your choice really different? You will receive information and support to safely feed your child with formula milk (artificial).

♥ **TO DELIVER ACCORDING TO NATURE** - During pregnancy, we will inform you that on delivery day you are allowed to be accompanied by your partner or by another trusted person. During labor you are allowed to walk, drink and eat light meals, as well as choose to relief pain without using any drug. During delivery you will be allowed to take the position you prefer. We promote natural delivery: clinical practices which might interfere will be utilized only if necessary and you will always be informed beforehand.

♥ **TO STAY CLOSE FROM THE VERY BEGINNING** – We will give you information about the importance that from the very beginning you keep your baby close to you, naked and “skin-to-skin”. Before being discharged from the hospital, you can request a home visit by our Family Counseling professionals, who will support you during your first days back home.

♥ **TO BREASTFEED NATURALLY** – In our structures you will receive all the help you will need to find the best position for your baby to properly latch on your breast and to understand if he/she takes enough milk. We will encourage you to breastfeed him/her every time he/she will show to be hungry. Our professionals will give you all the information on how to squeeze milk from your breast, a very useful practice in some cases (e.g. when your breast is too full and sore).

♥ **TO STAY WITH YOUR BABY** – ASST of Crema, Cremona e Mantova will support you so that you can stay with your baby close to you, so to learn his/her reactions and promptly respond to his/her signals of hunger. Also after being discharged from the hospital you can keep your baby close to you and have him/her sleep in your bedroom... without interferences. We advise against the use of pacifiers, teats and nipple shields while your baby is learning how to suck, since they may make breastfeeding more difficult in the starting period.

♥ **TO EXCLUSIVELY BREASTFEED FOR 6 MONTHS AND THEN TO CONTINUE** – It is very important that you exclusively breastfeed your child until he/she completes 6 months of age. We will help you understand when your child is ready for solid food and we will explain to you how to introduce them in his/her diet. It is important that breastfeeding is also extended up to two years of age and beyond, if your child and yourself wish so.

♥ **TO FIND HELP TO BE SUPPORTED** – Our structures are always available to you; we will give you all the information you need to contact us. In our «Planned Parenthood» you will meet professionals and groups of mothers who will help and support you with respect to breastfeeding, nutrition and in general to taking care of your child. If you need it, do not hesitate to ask for help.

♥ **TO BE ABLE TO BREASTFEED AND BE WELCOME EVERYWHERE** – Breastfeeding is welcome in every public space of these structures (ATS and ASST of Crema, Cremona and Mantova). We are committed to encourage welcoming breastfeeding mothers in every public space of our community.

This is the summary of the “Company Policy for breastfeeding and children's nutrition”, based on the recommendations by WHO/Unicef “Ten steps for the success of maternal breastfeeding”. Please ask an operator or link to www.ats-valpadana.it, www.asst-crema.it, www.asst-cremona.it, www.asst-mantova.it

Sistema Socio Sanitario



Regione
Lombardia

ATS Val Padana

ASST Cremona

ASST Crema

ASST Mantova