

Breastfeeding Friendly Childcare in Southern NSW

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Encourage & support
breastfeeding



SHANE LEWIS / VISUM

Munch & Move

- Provides a framework for developing NSW early childhood teachers' and educators' skills in breastfeeding protection, promotion and support
- Partnership between
 - NSW Office of Preventive Health
 - Local Health Districts
 - ECTARC

Munch & Move

- Key Messages
 - Encourage and support breastfeeding
 - Eat more fruit & vegetables
 - Choose healthier snacks
 - Choose water as a drink
 - Turn off the screen and get active
 - Get active each day

Program resources available to support key message 2012



BREASTFEEDING

Help for mums with newborns

The local branch of the Australian Breastfeeding Association has launched a new resource kit to coincide with World Breastfeeding Week which runs until Friday.

The kit is designed to assist local early childhood education and care services support breastfeeding mothers.

It contains practical "tools" including a sample breastfeeding policy, orientation brochure and fact sheets.

A supportive childcare environment can help mothers who wish to continue breastfeeding after they return to work.

The kit was launched in partnership with Southern NSW Local Health District.

For more information or for breastfeeding support, phone the National Breastfeeding Hotline on 1800 686 268.



FEATURED

Breastfeeding, child care hot topics at networking breakfast

HEALTH: Yass Valley Child Care operators came out in strength this week at a celebratory breakfast to support breast feeding families..

ENCOURAGING & SUPPORTING BREASTFEEDING IN CHILDCARE RESOURCE KIT

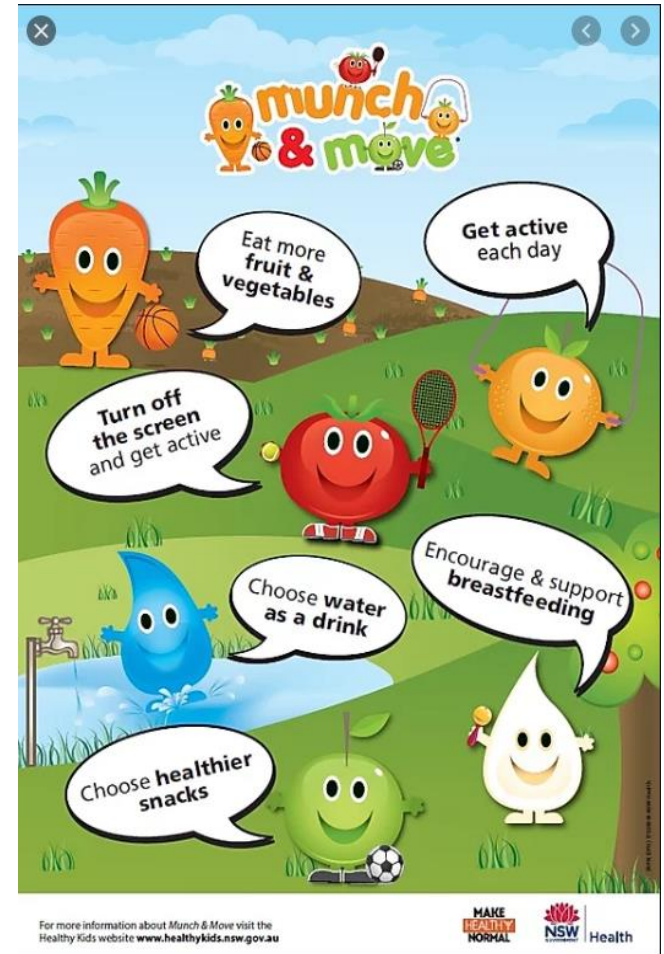


Health
Southern NSW
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Developed by Population Health, Southern NSW Local Health District

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Increasing visibility of infants & toddlers



Thank you

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