

HEALTH SETTINGS



Examples include: : GP Practice, Hospital Wards, Walk in Centre

Research shows that babies that are breastfed have fewer GP consultations than babies fed on formula during first 6 months of life. This is because breast milk is the most appropriate form of nutrition for all infants due to its nutritional and immunological advantages. There are lots of ways in which a GP Practice or other health setting can become breastfeeding friendly:

- Waiting room area that has a discreet area or offer of a private room
- Offer of a drink
- Train and support your staff to create a welcoming atmosphere and knowledge of local support for breastfeeding
- Consider a play area (space permitting) to help keep older children occupied/entertained when a mother is breastfeeding her baby.
- Displays in the venue do not feature images or words that idealise bottle feeding
- UNICEF online tool for GP's www.unicef.org.uk/BabyFriendly/Resources/Training-resources/E-learning-for-GPs/
- The training package provides GPs with all the information they require to support mothers to breastfeed. It covers:
 - [How breastfeeding works](#)
 - [How to treat common breast conditions \(e.g. mastitis and thrush\)](#)
 - [Gives information on prescribing medication for breastfeeding mothers](#)

The course takes approximately 25 minutes to complete and can be accessed many times, either at home or at the practice.

Once the course is completed, GPs can print off a certificate for their CPPE/CPD portfolio.

Breastfeeding awareness sessions or training is available depending on the needs of your organisation. See our website www.wakefield.gov.uk/breastfeeding for more information