

The Sunshine Coast Private Hospital is a 'Baby Friendly Hospital'

This is an international recognition which shows that we have reached the standards set by the World Health Organisation for assisting mothers and babies as they learn to breastfeed.

Please discuss your choice on how you wish to feed your baby with your Midwife.

Breastfeeding is encouraged as a healthy lifestyle choice for you and your baby.

When you choose to breastfeed your baby....

- **We do not** routinely give bottles to breast feeding babies or babies who will eventually breast feed, even in the Special Care Nursery.
- **We will help with** alternative methods of feeding your breastmilk to your baby if baby is unwell or too little to take the breast.
- **We support** mothers who need to express their milk when their baby is too sick to breastfeed or wish return to work and continue to give their breastmilk to their babies.
- **We do not** advise parents in these early days to give their full term breast fed babies dummies as this may cause nipple confusion and can delay stimulation to the breast thereby causing diminished milk production.
- **We only give formula** to breast fed babies if **medically** indicated.
- **We encourage** mothers to keep their baby with them day and night as this will allow you to get to know your baby and you will have more rest this way.

For mothers who choose to bottle feed....

- **We will provide** individual and accurate instruction on how to safely make up formula.

**Because, at TSCPH, we all want what is best for our mothers and babies,
we support a woman's right to breast feed or her choice not to.**

Did you know... *From Bridget Roache IBCLCE 2006*

- That dummies reduce a baby's desire to suckle at the breast?
- That reduced suckling leads to lower milk supply?
- That sucking on a dummy can teach some babies the incorrect sucking action?
- Incorrect sucking leads to a lower milk supply and a frustrated baby?
- That sucking on a dummy can cause "suck confusion" in some babies?
- Research shows that babies who suck on a dummy for longer than two hours per day are likely to be weaned from the breast earlier than a baby who doesn't?
- Those so called "orthodontic" dummies are no better for your baby than ordinary dummies?
- That there is evidence to suggest that long term dummy sucking can lead to future dental problems?
- That sucking on a dummy long term can lead to delayed speech development?

It is best for your breastfed baby not to use a dummy.