



### **An informed choice**

Breastfeeding is the natural way to feed the baby from birth.

All parents have the right to choose their baby's nutrition. With individual, couple and group meetings, our staff provides them the necessary informations for an informed choice since the first months of pregnancy.



### **Supported by a trained staff**

Our staff is trained to provide all the couples and families the informations required to start and support breastfeeding.



### **Natural childbirth**

This health unit encourages natural childbirth and supports a good start of the breastfeeding. During labor, we make sure that moms can walk, choose the postures that she prefers, drink, eat light foods, choose to ease the physical pain, be close to their partners or persons of trust.



### **Being close... from the very beginning**

Immediately after the delivery, we make sure that mom and baby keep staying close to each other in a “skin to skin” contact.



### **Natural breastfeeding**

In our services, the mom receives all the help she needs in order to put the baby to the breast. From the first suckling, our staff provides all the informations, so that the mom can breastfeed her baby comfortably and unhurriedly, without using pacifiers, sippies or nipple cups.



### **Being always together**

While staying in hospital, the mom can always keep her baby close, so that she can learn to recognize his/her reactions and respond quickly to his/her hunger signals.



### **Breastfeed exclusively for 6 months and then... continue**

Exclusive breastfeeding for at least 6 months is very important. During the first 6 months of life it's not necessary to feed different liquids or solid foods, because mother's milk is a complete meal. If mom and baby so wish, breastfeeding can last even more than two years.



### **Breastfeeding and being well-accepted**

Breastfeeding is very important to us: this is why we strongly encourage the acceptance of moms that breastfeed their babies in every public space in our health unit, even by setting up specific and dedicated areas.



### **Finding help and support**

During the lactation period, we provide useful guidance to reach experienced workers and a contact list (moms' groups, associations, etc.) to turn to for everything that is related to baby's care.