



HOSPITAL BREASTFEEDING POLICY



Written infant feeding policy

San Pio hospital adopts a Policy and Procedures on Breastfeeding and adheres to the International Code of Breastmilk Substitutes.



Stay together

Rooming in is practised in our hospital, i.e. your baby stays with you throughout your hospital stay. This practice is essential because it strengthens the bond between you and your baby and allows you to breastfeed your baby on demand. In the event of separation being necessary for medical reasons, health workers will show you how to express and store the milk.



Staff competency

The healthcare workers in the maternal and neonatal area are trained on breastfeeding to provide you with the best possible support.



Support you with breastfeeding

You will continue to receive practical support during your stay in the maternity ward from health workers who will show you what positions to assume, supervise the correct attachment to the breast and provide you with all the help you need to maintain breastfeeding in case of difficulty.



The right to choose

We will provide you with all the information about breastfeeding during pregnancy at the prenatal support meetings.



Only breast milk unless medical reason

Our baby does not need any foods or liquids other than breast milk until he or she is six months old, unless specifically indicated by a doctor. Continuing breastfeeding after the sixth month of life and until two years or as long as you and your baby wish increases the benefits.



Natural childbirth

You can share the moment of labour with your partner or another person you trust, you can walk, drink and eat light food during labour, choose pharmacological and non-pharmacological modalities for pain relief. You will be informed beforehand if invasive procedures are necessary.



Avoid any interference (bottle, nipple shields and pacifier)

We advise against the use of bottles, pacifiers and nipple shields in the first 4-6 weeks of life, when your baby is learning to breastfeed, as it may interfere with breastfeeding.



Skin to skin contact right from birth

You will be offered to hold your baby skin-to-skin immediately after birth for a good start of breastfeeding already in the delivery room. A health worker will be beside you to support and help you.



Breastfeeding support after discharge

You will continue to be offered breastfeeding support after discharge from the hospital.

