

Our charter for a better birth, improved well-being and a brighter future

All our maternity and neonatal staff

** Will endeavour to:*

- Respect your needs and your birth project during labour and delivery.
- Welcome all babies with the utmost respect.
- Help new mothers and fathers fulfil their roles to the best of our ability.
- Promote long-term breast-feeding.

*** Within the context of our “baby friendly hospital” project**

** They will:*

- Respect your choice of infant feeding and help you with the practical aspects of that choice.
- Provide all of our staff with the necessary **training** and tools in order to support both you and your baby.
- Promote **information** concerning the benefits of breast-feeding and **skin-to-skin contact**. This information will be given during both pre and postnatal visits and in evening information sessions.
- Respect your needs and your birth project during labour and delivery. During labour, we allow light food and drink, we encourage you to remain mobile and to be accompanied by the person of your choice.
- Conditions allowing, encourage you to have your baby in **skin-to-skin contact for at least an hour after birth**. If your child requires admission to the neonatal unit, the same efforts will be made. After a caesarean, you or your partner will have skin-to-skin contact in the recovery area.
- Help you to recognise when your baby is **hungry** and when **he/she has fed well and is satisfied**. This will help you establish **demand-led feeding**.
- Help you to **position** your baby on the breast and show you how to **maintain lactation** if your baby cannot go to the breast.
- Respect the **needs** of your baby by keeping him/her by your side **24h/24**.
- **Be present during breast-feeding** and provide the necessary information or help.
- Provide information on **alternatives to bottle feeds** whilst your baby is learning to breast-feed.
- Give no other type of feeds to breast-fed babies (except under medical advice).
- If your baby is hospitalised in the neonatal intensive care unit, you will have **24 hours a day access** in order to encourage **skin-to-skin contact** and to stimulate and maintain lactation.
- Protect breast-feeding by respecting the “**International code of marketing of artificial milk**”.
- Not give pacifiers or dummies to breast-fed infants.
- When you go home, we will give you information about the **relevant professionals and organisations** that are available to give you support with breast-feeding. At your request, we provide a “mother and baby” home team, post-natal consultations and access to a lactation consultant.

** If you chose to formula-feed your baby they will:*

- Give you **individualised information** on the practical aspects of feed preparation (hygiene, conservation, heating and quantities).
- Help you to **put the skills into practice**.

** They aim to provide the necessary support in order to give you the skills and confidence to care for your baby at home.*