



## ***Baby-Friendly Initiative Policy***

The Leeds, Grenville & Lanark District Health Unit promises to Promote, Protect, & Support Breastfeeding through the Baby-Friendly Initiative.

- We welcome ALL families.
- We help families to make informed decisions around feeding their baby.
- We recommend exclusive breastfeeding for the first 6 months of life.
- We recommend that breastfeeding continue for up to 2 years and beyond with the addition of iron-rich solid foods when baby is 6 months old.
- Our staff receive training to support breastfeeding families.
- We welcome mothers to breastfeed anywhere, anytime.
- We support our staff in the continuation of breastfeeding upon their return from parental leave.
- We work with our community partners to provide a consistent approach to breastfeeding support in Leeds, Grenville & Lanark.

***The Baby-Friendly Initiative is a world-wide strategy that sets standards for infant feeding.***



**For more information contact the  
Health ACTION Line 1-800-660-5853  
or visit our website at [www.healthunit.org](http://www.healthunit.org)**

