

# Our Baby-Friendly Promise

Sinai Health respects and supports all families in their infant feeding decisions. We encourage families to breastfeed, chestfeed or provide human milk to their babies unless medically contraindicated.



## We promise our families that we will:

- provide education and support to individualize your infant feeding decisions
- help you to hold your baby skin-to-skin as soon as possible after birth with the goal of uninterrupted skin-to-skin for at least one hour
- follow evidence-based infant feeding policies and provide information on different ways to feed your baby if requested or required
- help you and your baby learn to breastfeed or chestfeed if you choose to do so as early as possible after birth (ideally within one to six hours)
- encourage you to follow your baby's cues and feed whenever your baby wants
- support you to build and maintain your milk supply with regular feedings and hand expression
- ensure your baby stays with you unless you or your baby requires extra medical support
- prioritize human milk for your baby; human milk substitutes/infant formula will only be given with your consent when medically indicated
- provide you with a list of community resources prior to discharge from hospital to ensure you have infant feeding support at home with the goal of continuing breastfeeding/chestfeeding
- ensure our staff is educated on how to assist you with all methods of infant feeding and hand expression