



Elements of Making an Informed Decision – Infant Feeding

<p style="text-align: center;">Individual Clients Feeding or Supplementing with Artificial Baby Milk (ABM) – Staff will facilitate a discussion to explore:</p>	<p style="text-align: center;">Postnatal Period</p>
<p>Client's infant feeding decision</p>	<p style="text-align: center;">✓</p>
<p>Use of ABM, pacifiers and artificial nipples</p>	<p style="text-align: center;">✓</p>
<p>Client's understanding of the difficulty of reversing the decision not to breastfeed</p>	<p style="text-align: center;">✓</p>
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p style="font-size: 1.2em; margin: 0;">416.338.7600</p> <p style="font-size: 1.2em; margin: 0;">toronto.ca/health</p> </div> <div style="text-align: right;">  <p style="font-size: 1.2em; margin: 0;">TORONTO Public Health</p> </div> </div>	

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Staff will facilitate a discussion on the following with clients:	Prenatal Period	Postnatal Period
<i>Importance of exclusive breastfeeding for six months and continued breastfeeding up to two years and beyond</i>	✓	✓
<i>Benefits of breastfeeding</i>	✓	✓
<i>Health consequences of not breastfeeding</i>	✓	✓
<i>Risks and costs of feeding artificial baby milk (ABM)</i>	✓	✓
<i>Contraception compatible with breastfeeding including LAM (Lactation Amenorrhea Method)</i>	✓	✓
<i>Difficulty of reversing the decision once breastfeeding is stopped</i>	✓	✓
<i>Breastfeeding support programs</i>	✓	✓
<i>Employment rights of pregnant and/or breastfeeding women</i>	✓	✓
<i>Basic breastfeeding management:</i> <ul style="list-style-type: none"> • <i>position and latching</i> • <i>hand expression of breast milk</i> • <i>expected normal feeding behaviours (frequency of feeds, output)</i> • <i>benefits of skin-to-skin care, especially premature infant</i> • <i>infant feeding cues</i> 	✓	✓
• <i>24 hour rooming-in</i>	✓	
<i>The importance of hospitals and community health services having policies and practices that are to become Baby-Friendly</i>	✓	
<i>Medical indications of supplementation or cessation of breastfeeding</i>		✓
<i>Supplementing with mother's own breast milk or donor human milk (where available) when possible</i>		✓
<i>Use of pacifiers and artificial nipples</i>		✓