



Elements of Making an Informed Decision – Infant Feeding

Individual Clients Feeding or Supplementing with Human Milk Substitutes – Appropriate to their role, staff will facilitate a discussion to explore:	Postnatal Period
Client's infant feeding decision including *AFASS	✓
Use of human milk substitutes, pacifiers and artificial nipples	✓
Client's understanding of the difficulty of reversing the decision not to breastfeed	✓



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**AFASS = acceptable, feasible, affordable, sustainable and safe*

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Staff will facilitate a discussion on the following with clients, appropriate to their role:	Prenatal Period	Postnatal Period
<i>Importance of exclusive breastfeeding for six months and continued breastfeeding up to two years and beyond</i>	✓	✓
<i>Importance of breastfeeding for both healthy term and preterm infants</i>	✓	✓
<i>Information about The Rogers Hixon Ontario Human Milk Bank criteria for donors and recipients</i>	✓	
<i>Health consequences of not breastfeeding</i>	✓	✓
<i>Risks and costs of human milk substitutes including AFASS*</i>	✓	✓
<i>The importance of hospitals & community health services having policies and practices that are Baby-Friendly</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>Use of pacifiers and artificial nipples</i>		✓
PHNs will also discuss:		
<i>Contraception compatible with breastfeeding including LAM (Lactation Amenorrhea Method)</i>	✓	✓
Basic breastfeeding management <ul style="list-style-type: none"> • 24 hour rooming in • position and latch • hand expression of breast milk 	<ul style="list-style-type: none"> • expected normal feeding behaviours (frequency of feeds, output) • importance of skin-to-skin care, especially for premature infant • infant feeding cues/responsive, cue-based breastfeeding 	✓
<i>Medical indications of supplementation or cessation of breastfeeding</i>		✓