

In this unit we actively promote breast feeding. This is for many reasons:

For You

- * Breast feeding has many benefits for mothers. Many women find breast feeding satisfying as they see their babies develop and grow.
- * Many women enjoy breastfeeding as the hormones that secrete whilst feeding can make you feel calm and relaxed.
- * It can help you to lose weight after child birth.
- * There is thought to be a link between breast feeding and protection against ovarian and cervical cancer.
- * It helps protect you from pre-menopausal breast cancer. The longer you breast feed the greater the protection.
- * Breast feeding is free and easily accessible at all times (especially at night).

For Your Baby

- * Breast milk is uniquely designed for your baby.
- * It provides the correct amount of food including minerals nutrients and vitamins, in the right quantities.
- * Breast fed babies are less likely to suffer from infections such as respiratory tract infections, middle ear infections and stomach infections. It protects your baby from infections that you may have been in contact with by stimulating the production of antibodies which are excreted in the breast milk.
- * Breast fed babies are less likely to suffer in later life from heart disease, diabetes, coeliac disease, ulcerative colitis, Chrons disease, obesity and liver disease.
- * It protects against allergies.
- * It also develops a baby's oral and facial muscles and helps to reduce infant dental problems.

If you wish to bottle feed your baby you will need to supply your own milk. We no longer supply pre-prepared bottle milk or powdered alternative.

Because of this we ask that you bring a supply of your own bottles and teats along with the milk of your choice.

Milk for clinical need will be supplied.