



CHECKLIST FOR BECOMING A BREASTFEEDING FRIENDLY DIOCESE

- Review the Breastfeeding Friendly Churches information we have provided.**
- Create a breastfeeding policy:**
 - Discuss with staff the importance of their support in creating a breastfeeding friendly environment for staff, parishioners and visitors alike.
 - Ensure new employees learn about the breastfeeding policy during orientation.
 - In addition to your breastfeeding policy, ensure all staff and volunteers are aware that breastfeeding is a protected human right and that parents in Nova Scotia and PEI have the right to breastfeed everywhere.
- Ensure all pregnant employees are aware of available breastfeeding supports they will receive upon returning to work:**
 - Meet with pregnant employees before their maternity leave.
 - Provide them with the handout *Making Breastfeeding Work*.
- Display the International Breastfeeding Symbol & Breastfeeding Mary & Jesus Icon:**
 - Once all staff have learned how to support breastfeeding, display the international breastfeeding symbol and breastfeeding icon and/or post a sign that shows everyone that breastfeeding is welcome.
 - If requested, provide a private space for parents to feed their babies or to pump.
 - An area to change diapers would also be helpful.





DIOCESAN BREASTFEEDING POLICY

Having a breastfeeding policy is an effective way to ensure that all staff, volunteers, parishioners and the community are aware that the church supports breastfeeding.

The Anglican Diocese of Nova Scotia & PEI recognizes:

- that breastfeeding is a protected human right and parents in Nova Scotia and PEI have the right to breastfeed everywhere,
- recognizes that breastmilk is the optimal food for healthy growth and development of infants,
- recognizes that breastfeeding benefits child and parental health,
- recognizes that breastfeeding contributes to the overall health of our community.

We promote and support breastfeeding and the expression of breastmilk:

- by clergy, other employees, parishioners, visitors and volunteers.

Leaders in our diocese are committed to:

- ongoing education of new and prospective clergy and other leaders, whether staff or volunteer, regarding this policy,
- working with breastfeeding staff and volunteers to determine mutually agreeable hours of work and other expectations, which support breastfeeding practices and are compatible with diocesan/parish policies and contracts.

Print Name and Title

Signature

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Signature

Date

