

### Maternity policy self-assessment checklist

Your policy should clearly cover the following points:	Is the point clearly covered? (Answer yes, no or unclear)
<b>Introduction and purpose</b>	
Has mandatory status	
The Code is implemented throughout the service	
The outcomes that will be monitored	
A commitment to collaborative working	
<b>Organisational support for implementation of the policy</b>	
Orientation of staff to policy	
Training for all staff (according to role)	
New staff trained within six months of appointment	
Mechanisms by which mothers' / parents' experiences of care will be listened to	
<b>Pregnancy</b>	
All those who are pregnant have the opportunity for a conversation about:	
Their thoughts and feelings about feeding their baby including the value of breastfeeding, getting breastfeeding off to a good start and the support available	
The value of connecting with their growing baby in utero	
The value of skin contact	
The importance of responding to their baby's needs after birth, and that keeping their baby close supports this	
<b>Birth</b>	

All mothers are offered the opportunity to have uninterrupted skin contact with their baby and to offer the first breastfeed in skin contact	
Mothers who wish to formula feed are encouraged to offer first feed in skin contact	
Mothers who are unable (or do not wish) to have skin contact immediately after birth are encouraged to commence skin contact as soon as they are able	
Mothers with a baby on the neonatal unit are encouraged to start expressing milk as soon as possible after birth (ideally within two hours)	
Includes safety statement regarding skin contact	
<b>Early postnatal period: support for breastfeeding</b>	
Mothers enabled to achieve effective breastfeeding, including: <ul style="list-style-type: none"> <li>• appropriate support with positioning and attachment</li> <li>• hand expression</li> <li>• understanding signs of effective feeding</li> </ul>	
Mothers will have the opportunity to discuss breastfeeding in the first few hours after birth including: <ul style="list-style-type: none"> <li>• responsive feeding</li> <li>• feeding cues</li> </ul>	
Clinical indications for a modified feeding regime and appropriate signposting	
Mothers with a baby on the neonatal unit are: <ul style="list-style-type: none"> <li>• supported to express as effectively as possible</li> <li>• shown how to express by both hand and pump</li> <li>• supported to express at least 8 times in 24 hours, including once at night</li> </ul>	
A formal feeding assessment carried out using <a href="#">[local tool]</a>	
A local protocol for feeding assessment described	
Breastfeeding mothers are:	

<ul style="list-style-type: none"> <li>• given information verbally and in writing about recognising effective feeding</li> <li>• information about the local support for breastfeeding</li> </ul>	
A specialist service for those mothers who require additional support	
Mothers who breastfeed are provided with information about: <ul style="list-style-type: none"> <li>• the importance of exclusive breastfeeding</li> <li>• continuing partial breastfeeding (as appropriate if mothers are unable / choose not to exclusively breastfeed).</li> </ul>	
Mothers who are partially breastfeeding are supported to maximise the amount of breastmilk their baby receives	
Documentation of the rationale for supplementation and the discussion held with parents/primary caregivers	
Mothers who give other feeds in conjunction with breastfeeding are enabled to do so as safely as possible with the least possible disruption to breastfeeding	
Supplementation rates will be audited	
<b>Early postnatal support for formula feeding</b>	
Mothers who formula feed will be offered a demonstration and / or discussion about how to prepare infant formula	
Mothers who formula feed have a discussion about why responsive feeding is important and how to achieve it	
<b>Early postnatal period: support for parenting and close relationships</b>	
Skin-to-skin contact encouraged throughout the postnatal period	
Parents/primary caregivers supported to understand: <ul style="list-style-type: none"> <li>• their newborn baby's needs</li> <li>• the importance of keeping baby close</li> <li>• safe sleeping practice.</li> </ul>	
Mothers who bottle feed are encouraged to hold their baby close during feeds and offer the majority of feeds to their baby themselves	
Parents/primary caregivers given information about local parenting support	

<b>Monitoring</b>	
Compliance with the policy will be monitored – including the audit mechanism and frequency of the audit cycle	
How the audit results (and other described monitoring mechanisms) will be reported and to whom	
How the relevant outcomes will be monitored	
How the outcome indicators above will be reported and to whom	