## **Sample Website Statements**

Having information on your website around breastfeeding and infant feeding practices at your service can reassure parents they can continue to breastfeed (if desired) and that their child will be supported to enjoy a variety of healthy food in a supportive mealtime environment.

Below are some example statements you could use on your service website to ensure families are aware of your service’s breastfeeding and infant nutrition practices. Feel free to use these statements as inspiration, copy and paste any of statements directly onto your website, or make any necessary adjustments to meet your service needs.

Click on the small triangle on the left of the green headings to expand the section to reveal sample website statements.

# **Our service supports breastfeeding and the provision of expressed breastmilk.**

Example statements

* As a breastfeeding friendly service, we provide a quiet and comfortable environment for parents and carers to breastfeed or bottle feed their child at any time of the day. Parents and carers are also welcome to use our quiet and private space at any time to express breastmilk.
* Our service has a supportive breastfeeding environment. We welcome parents and carers to drop in anytime to breastfeed or bottle feed their child. Families can also provide expressed breastmilk for their child to enjoy while under our care. Our educators are trained on storing and handling expressed breastmilk safely.

*Note: Your service may also like to add an image on your website that indicates that your service is Breastfeeding friendly. Please visit the* [*Australian Breastfeeding Association*](https://www.breastfeeding.asn.au/bwe) *website for more information or* [*download and use this image available*](https://www.goodforkids.nsw.gov.au/media/2484/breastfeeding-sticker.pdf) *from the Good for Kids team.*

# **Our menu is consistent with the Australian Dietary Guidelines. [menu services]**

Example statements

* To promote healthy development, we provide nutritious meals containing a variety of foods from the five food groups in line with the Australian Dietary Guidelines and Infant Feeding Guidelines.
* Our cook ensures that our menu contains food that aligns with the Australian Dietary Guidelines and Infant Feeding Guidelines, to support optimal development for your child.

# **Our service encourages families to provide food consistent with the Australian Dietary Guidelines. [lunchbox services]**

Example statements

* We encourage families to provide meals and snacks in their child’s lunchbox that are consistent with the Australian Dietary Guidelines and Infant Feeding Guidelines.
* Our service helps families with healthy lunchbox ideas that includes food from the 5 core food groups.

# **Our service supports the introduction of solids.**

Example statements

* We work with families to support the introduction of solid foods of varying textures when age-appropriate.
* We offer children a variety of age-appropriate food and textures to suit their developmental needs (e.g. pureed food).

# **Our service supports responsive feeding practices.**

Example statements

* Our service provides a positive mealtime environment to help children develop a healthy relationship with food. We role-model healthy eating and engage with children while they are eating.
* Our educators aim to create a pleasant and relaxed mealtime environment for children by focusing on the enjoyment of food and engaging with them through conversations.