#### **Sample Orientation Pack Statements**

Having information in your service orientation pack about breastfeeding and infant feeding practices at your service can reassure parents & carers that 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 in your service orientation pack to ensure families are aware of your service’s breastfeeding, infant feeding and responsive practices. Feel free to use these statements as inspiration, copy and paste any of statements directly into your orientation handbook, 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 and reveal sample orientation pack statements.

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

Example statements

* We respect that each family will have different preferences regarding their child’s feeding, and we support families to continue breastfeeding their child while they are in care at our service.
* As a breastfeeding friendly service, we provide a quiet and comfortable environment for families to breastfeed or bottle feed their child at any time of the day. The space we provide has access to a power outlet for those wishing to express pump while at the service. We show families where they have access to comfortable seating, a sink, fresh drinking water and a fridge to store expressed breastmilk. Please ensure any expressed breastmilk or formula you bring in is clearly labelled.
* Our service has a supportive breastfeeding environment as we welcome parents and carers to drop in anytime to breastfeed or bottle feed their child. Upon orientation, each family is provided with a form (e.g. All About Me) which helps us understand and meet every child's and family’s needs, including those who use expressed breastmilk, formula or mixed feeding. Our educators are trained to handle and store expressed breastmilk and formula safely so that we can work with families to ensure each child has the best possible start in life.

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

Example statements

* Our service menu is thoughtfully planned out to ensure that children are offered approximately half of their recommended daily nutrition needs across all five food groups whilst in care (as recommended by NSW Health guidelines). We work with families to provide alternatives when there are food allergies or cultural preferences, to ensure our menu can meet the needs of individual children.
* To promote healthy growth & development, we provide nutritious meals and snacks to children every day. We offer a variety of foods from the five food groups in line with the Australian Dietary Guidelines and Infant Feeding Guidelines. Our cook ensures that meals are not only nutritious but also interesting to children by offering a wide variety of foods, offering those that are seasonal and locally sourced where possible. We use healthy eating learning experiences to provide children opportunities to explore new foods in a safe learning environment.
* Our cook ensures that our menu contains food that aligns with the Australian Dietary Guidelines and Infant Feeding Guidelines, to support your child’s development. Our menu is designed to provide children with a variety of foods to help them reach their nutritional requirements, while also providing them with the opportunity to try nutritious but interesting foods to meet their growing needs.
* To ensure our menu standards are of the highest quality and meet NSW Health guidelines, we work with local health promotion teams and dietitians to have our menu reviewed annually. We engage with families when planning our menu to make sure it includes a variety of food preferences and a range of cuisines, including international foods from traditional cultures. The centre menu is also on display for families to view and we welcome any feedback.

# **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 which are consistent with the Australian Dietary Guidelines and Infant Feeding Guidelines. We provide support to families by offering a range of resources, factsheets and guidelines to help families pack a lunchbox with 'everyday' foods. We also routinely share information from reputable sources such as nutrition-related workshops and webinars.
* Our service provides families with healthy lunchbox ideas that meet nutritional recommendations. Our educators work with local health promotion teams to ensure that we provide lunchbox ideas to families in line with the Australian Dietary Guidelines and Infant Feeding Guidelines for healthy child development. Families are welcome to chat to our friendly educators for lunchbox resources and ideas.

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

Example statements

* We will provide support to infants when they are ready to commence solid foods (around 6 months). Families are informed of their child's feeding progress through daily feeding updates, which shows what foods and/or drinks have been consumed and how much. We also provide information to families on first foods that are important for children's nutrition and development.
* We support families as children progress from purees to minced foods to finger foods. Our service also encourages families to expose their child to different foods, including vegetables, as well as raw and cooked foods that are age-appropriate.
* [Menu services] We offer children a variety of age-appropriate food and textures to suit their developmental needs (e.g. purees, minced or finger foods). Families are provided with information on their child’s food intake daily. We communicate with parents and carers regularly to ensure food provided is in line with developmental needs such as texture progression; and share updates regarding self feeding, using utensils, cups and exploring new foods.

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

Example statements

* Our service understands the importance of providing a calm but enjoyable eating experience for children. Our educators bottle feed one infant at a time while engaging calmly with the child. We use responsive feeding practices which includes looking for signs that a child is hungry or full.
* Our service provides an enjoyable mealtime environment to help children develop a healthy relationship with food while also learning social skills. We use mealtimes as an opportunity to role model healthy eating and engage with children while they are eating or bottle feeding. We provide a calm eating environment by turning off distractions such as screens and putting away toys from the eating area during mealtimes.
* 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. During mealtimes educators sit with the children and enjoy foods from the 5 core food groups to role model healthy eating. Children are free to eat at their own pace (or are free to enjoy their meal without being rushed) and they can decide which foods they will consume and in what order, without any pressure. Our regular healthy eating learning experiences may also help children explore new foods and expand their food preferences.
* We know that one way young children learn is by watching adults. During mealtimes, educators sit with the children and enjoy foods from the 5 core food groups to role model healthy eating. Children are free to eat at their own pace (or are free to enjoy their meal without being rushed) and can decide which foods they will consume and in what order, without any pressure. To promote a healthy relationship with food, children are not rewarded for eating.

# **References**

[Australian Dietary Guidelines](https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55a_australian_dietary_guidelines_summary_131014_1.pdf): A summary document on the Australian Dietary Guidelines. Developed by the Australian Government

[Infant Feeding guidelines](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf): A summary document on the Infant Feeding Guidelines. Developed by the Australian Government

[Caring for Children](https://www.health.nsw.gov.au/heal/Publications/caring-for-children-manual.pdf): A practical manual about food, nutrition and learning experiences for children 0-5 years. Developed by the NSW Government

[Responsive Feeding](https://aapch.com.au/responsive-feeding/): This position statement provides some background on responsive feeding. Developed by the Australasian Association of Parent and Child Health