

MATERNITY CHARTER



10. **Compliance** with the OMS code

The maternity unit undertakes not to broadcast no advertising that could influence your choices.

9. **Preparing to return** at home

During your stay, workshops will be offered. We will give you the contact details of breastfeeding support associations and health professionals (PMI, liberal midwife, lactation consultant, etc.).

In order to adapt to his new life outside the uterus, your baby needs your presence 24 hours a day, in order to discover his rhythm and meet his needs. You will be able to spot the signs of awakening that show that your baby is ready to suckle.

8. **Proximity** parents-baby

7. **Breastfeeding** maternal

Due to its many benefits, your breast milk is the best food and is exclusively sufficient for your baby the first 6 months of life and up to the age of 2 years or more associated with dietary diversification. No artificial milk supplement will be offered unless medically indicated. Bottles and pacifiers will be reserved for special situations.

6. **Feeding your** baby

support you and your

family in each step and

each of your projects.

To the rhythm Whatever your choice of of the baby food, we will give you all the necessary advice. For the smooth running of your breastfeeding, we will accompany you during latching and we will show you how to express your milk. If you want to breastfeed but are separated from your baby, we will help you set up breastfeeding.

Preparing for the birth

The maternity ward invites you to birth preparation sessions and various workshops to support you in your birth plan and help you choose your baby's diet. Qualified staff can answer you and provide support throughout your journey.

practices. The staff is continuously trained and The nursing staff is undertakes to respect this charter. continuously trained to

From birth to get to know each other, promote attachment, soothe and reassure your baby, he will be placed skin to skin against you for as long as you wish. Once settled in the room and throughout your stay, skin-to-skin contact can be made by

Your partner

We will be concerned to provide you with all the comfort possible, and we want to take into account each of your choices in the care of your baby.

one of the two parents.

We will help you recognize your baby's arousal signs, to recognize when he is ready to breastfeed. We will observe and respect the rhythm and awakening of your baby to carry out his care.

2. **Accompany** the birth

You can be accompanied by the person of your choice.

We are attentive to your needs and offer you respectful and physiological 3.

Skin to skin