

St. Joseph's Healthcare Hamilton: A Baby-Friendly Hospital

Our Pledge to Families

We protect, promote and support breastfeeding as the healthiest choice for mothers and babies. We support informed choice for all families through education.



We have an up-to-date breastfeeding policy based on best practice.

We have breastfeeding and infant feeding education to support mothers and families.

We inform mothers about breastfeeding and give everyone the information needed to make good decisions for their babies.

We help all mothers and babies with skin-to-skin contact following birth. This is when breastfeeding usually begins.

We help mothers learn to breastfeed and help all families to feel confident feeding their babies.

We encourage breastfeeding mothers to feed their babies breastmilk only.

We support mothers and babies to stay together at all times.

We encourage mothers to breastfeed when babies show signs of wanting to feed.

We suggest that baby soothers or bottle nipples not be used when learning to breastfeed.

We provide a list of community resources to help families after going home.