

# Welcome charter

for newborns  
and their parents

**CONCERNED WITH RESPECTING YOUR BIRTH PLAN, THE STAFF AT THE ANCENIS MATERNITY UNIT ARE COMMITTED TO CENTERING ITS CARE ON YOUR NEEDS AND THOSE OF YOUR BABY.**

The staff are trained to provide you with the information that will allow you to make **decisions regarding your baby's birth and feeding**. As recommended by the WHO code, we are committed to not sharing any advertisements that could influence your choices.

**Respectful practices of your physiology will enable you** to be an active participant in the birth of your baby. Non-urgent medical care will be postponed to ensure that your baby is immediately placed in **skin-to-skin** contact with you.

**Breastfeeding is beneficial for both mothers' and babies' health.** Breast milk covers all the infant's needs until 6 months of age. It should then be complemented by a varied diet until 2 years or longer.

Regardless of the feeding method you choose, **respecting your newborn's rhythms is a priority for the team**. By keeping your baby close to you 24/7 and engaging in skin-to-skin contact, you will reassure your baby and learn to recognize the signs of wakefulness that indicate readiness to nurse. All baby care is provided in the presence of the parents.

**If you choose to breastfeed your baby: The team will guide you in setting up breastfeeding.** Your baby will not receive any other food unless medically indicated. No pacifiers or bottles will be offered to a breastfed baby, as this may disrupt their suckling and nursing rhythm.

**If you choose to bottle-feed: You can also opt to provide your own milk,** expressed using a breast pump.

**Upon your discharge, we will provide you with contact information for the professionals who will ensure your follow-up** (midwives, PMI, associations, etc.). If you are breastfeeding, a specific consultation will be offered as part of your follow-up.

