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RICHARD KAY SEE PAGE 19

Daily

TUESDAY, JUNE 12, 2018



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65p

Midwives told not to judge new mums who choose to bottle feed

END OF BREAST FEEDING TYRANNY

NEW mothers will no longer be made to feel guilty for not breastfeeding.

In a major policy shift, they will be offered the same help with bottle-feeding as those who give their babies breastmilk.

The Royal College of Midwives says the change of approach acknowledges the fact that

By **Sophie Borland**
Health Editor

many women cannot breast-feed, or do not want to. Its new guidelines say midwives must respect a mother's decision.

In the past the college has championed the benefits of breastfeeding, urging its exclusive use for the first six months.

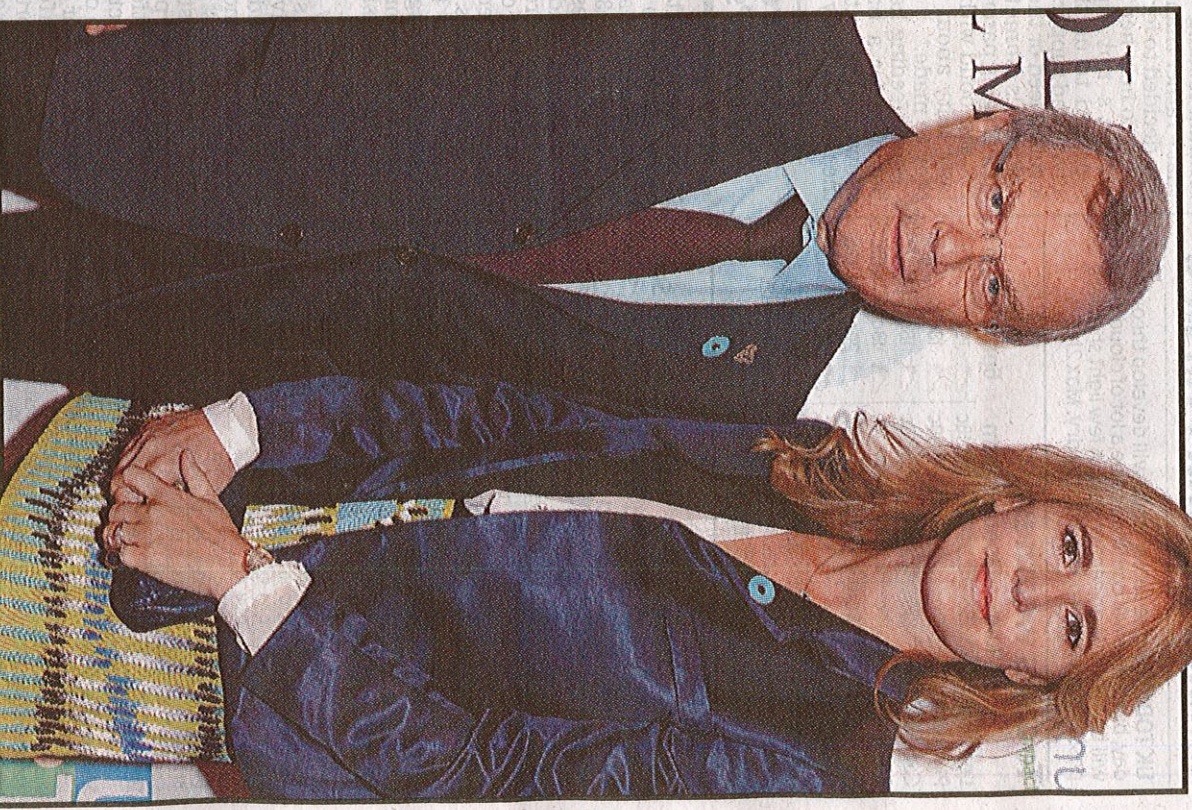
Only a third of British mothers achieve this target, making for one of the lowest rates in

the world. However the 'breast is best' approach, which is endorsed by the NHS and the World Health Organisation, has been blamed for making some women feel inadequate.

Those who want to breastfeed, but are unable to, are up to two and-a-half times more at risk of post-natal depression.

Gill Walton of the RCM said the new guidelines would help

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