

Health benefits of breastfeeding babies

Breastfeeding has many important health benefits for both mother and baby. Any period of breastfeeding, however short, will benefit your baby. People are being asked to show support for mums who breastfeed in public.

Benefits of breastfeeding

From the moment a mother starts to breastfeed, both baby and mum will begin to feel the benefits to their health and well-being.

Antibodies in breast milk help protect babies from infection and other illnesses including:

- stomach infections, vomiting and diarrhoea
- ear and chest infections
- kidney infections
- asthma
- eczema
- sudden infant death syndrome (SIDS)
- childhood diabetes
- childhood obesity

Mums who breastfeed are at a statistically lower risk of developing:

- breast cancer
- ovarian cancer
- osteoporosis (bone thinning)
- type 2 diabetes

You can find out more on the [breastfeeding](#) page.

Breastfeeding in public

For many mums, getting started isn't easy and that's why support is crucial.

This includes making mums feel more comfortable about feeding in public, as this is something that many mums are apprehensive about.

A mum breastfeeding is normal, no matter where it happens, and is not something a mum needs to say sorry for.

The '[Breastfeeding Welcome Here](#)' scheme aims to help mums feel more comfortable about feeding their baby in public.

There are now more than 700 businesses, council facilities, and popular local attractions signed up to the scheme. They display a sticker and certificate

in their premises to let mums know that they are welcome to feed in all areas and will not be asked to stop breastfeeding.

Staff are also made aware that they are to be supportive of mothers on the premises.

You can find a list and map of 'Breastfeeding Welcome Here' places, along with other advice about breastfeeding, on the [Breastfed Babies website](#).

More useful links

[Apply for school uniform grant](#)

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The new term might not start for a few more weeks, but parents may already be thinking about getting their children ready for school. Grants are available to help with buying school uniforms for certain pupils. Find out if you're eligible for a grant.

Clothing allowance

The Clothing Allowance Scheme covers pupils in primary, post-primary and special schools. It does not apply to pupils at nursery schools, nursery units or reception classes.

The eligibility criteria are similar to those used for free school meals and seeks to support families who are on benefits or on low incomes. To find out more about the grant and to see if you can apply, see the page below:

The [Education Authority](#) is responsible for the administration of the scheme.

More useful links

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Get tested if at risk of hepatitis infection

Anyone who thinks they may be at risk from hepatitis B or C infection is reminded to get tested. Hepatitis B and C viruses can remain undetected in the body for a long time and can cause severe liver disease many years after infection.

How is hepatitis transmitted?

Viral [hepatitis](#) is a group of infectious diseases known as hepatitis A, B, C, D, and E. Although not very common in Northern Ireland, it is estimated 400 million people across the globe are infected.

The two main types of hepatitis are B and C. Both of these are spread by contact with the blood or bodily fluids of an infected person. They can cause liver cirrhosis and cancer.

[Hepatitis B](#) can be passed on:

- through having unprotected sex
- from mother to baby
- from contact with infected blood in areas of the world where hepatitis B is more common

[Hepatitis C](#) is more commonly associated with sharing needles or equipment for injecting drugs. It can also be spread by having had a tattoo or body piercing using non-sterile equipment.

Neither virus is easily spread through day-to-day contact. You cannot get hepatitis B or C by shaking hands, coughing, sneezing, sharing food, or by using the same toilet.

People are encouraged to come forward for testing if they have ever injected drugs, including steroids or tanning products, even if it was only once or some time ago.

Avoiding infection

It is important to know how to avoid becoming infected with hepatitis. This includes:

- practising safer sex
- avoiding getting tattoos abroad
- not sharing personal materials that may come into contact with blood (for example, needles, razors, toothbrushes, nail clippers)

Injecting equipment can be obtained from various needle exchange sites across Northern Ireland to reduce the risk from these infections.

Treatment

Treatments are getting better all the time, so it is worth knowing if you have been infected. It is also important to protect your family if you are infected.

The treatments for hepatitis C are now so good they can cure nearly 100 per cent of cases. If you're treated straight away, not only can you prevent your liver becoming damaged, but you can reduce the chance of spreading the disease to others.

So, if you think you may have been exposed to the virus, even if this was many years ago, talk to [your GP](#) or nurse and get tested.

More useful links

[Child safety on farms](#)

Farms can be one of the most dangerous 'playgrounds' for children, particularly during the summer months. Farming families and visitors are being reminded to be extra careful.

Increased risks

The summer poses increased risks to children, as they typically spend more time on the farm during what is a very busy and potentially hazardous period. Various contractors may be on site operating potentially dangerous vehicles and machinery.

Some of the main risks include:

- moving vehicles such as tractors, quads and harvesters
- farm animals
- infectious diseases
- harmful substances
- slurry tanks and slurry gas
- falling objects

You can find out more about farm safety, with further links through to relevant information, on the pages below:

Farm safety checklist for parents

As a parent:

- do you have a safe and secure play area for young children?
- do you prevent children from playing in or around farmyards and livestock?
- do you prevent all children under 13 years from riding on tractors and farm machinery?
- do you restrict the use of the quad to people over 16 who are properly trained and have the suitable safety equipment?
- do you secure all heavy wheels, gates, heavy equipment and stacked materials to prevent them from toppling over?
- is your slurry lagoon securely fenced to prevent children from gaining access and do you make sure tank covers are always in place?
- do you always keep children well away when mixing slurry?
- do you keep track of where family members are playing or working and when they are expected back?
- do you make sure everyone washes their hands before eating and drinking?
- do you keep chemicals locked in a secure store when not in use?
- do you make sure that guards are in place to prevent access to dangerous parts of machinery?
- have you made sure all family members know what to do in an emergency?
- have you prepared a list of emergency contact telephone numbers?

If children are old enough, tell them about the dangers they should look out, where they are not allowed to go, and encourage them to be responsible.

You can find more information about child safety on farms on the [Health and Safety Executive for Northern Ireland website](#).

Farm Secure app

The Farm Secure app provides an interesting and engaging way for parents and children to learn about the many dangers on farms and how to stay safe all year round.

Children can download the app from the App store, where they can take a quiz on farm safety, compare their scores with others on the leaderboard, and watch a number of farm safety videos on issues such as slurry, machinery, farm animals, and bugs and germs.

More useful links

Making farms safer places to work and live

Deaths or injuries on farms happen much more often than they should. Farmers are asked to think safety before starting any job to help make farms safer places to work and live.

Preventing accidents

From quad bike accidents to animal attacks, farming kills and injures more people than any other industry in the UK and Ireland.

Tragically, most accidents are caused by simple factors such as habit, haste, fatigue, and improperly-maintained machinery.

Many farmers think 'farm safety last' rather than 'farm safety first' but most farming accidents are avoidable.

Safety must never be an afterthought. By taking just a few minutes to think about the job ahead, preventable accidents can be easily avoided by using simple safety practices.

Machinery

Poorly used or faulty machinery is a major cause of death and injury on farms.

Farmers come into contact with a host of machinery daily such as tractors, combines, choppers and hay balers which can bring dangers.

People can be injured by front-end loaders, falling from a moving tractor, or being struck by its wheels.

Also, hands, hair and clothing can be caught by unguarded PTO shafts or other unguarded moving parts such as pulleys and belts.

The following should help you and others to stay safe on your farm:

- keep all guards in place on tractors and equipment, especially PTO guards
- make sure that all mirrors and cameras (if fitted) are clean and fully functional on tractors and telescopic handlers
- make sure equipment is stopped fully before clearing blockages
- operate tractors with enclosed safety cabs or roll bars
- take care when mounting or dismounting tractors or telescopic handlers
- keep the brakes on all your machines properly maintained, especially the parking brakes
- only start your tractor from the driver's seat

- make sure that your tractors starter system works properly
- when pulling heavy machinery equipped with hydraulic brakes, make sure the brakes are connected to the tractor and work properly

You should:

- never try to repair machinery if you do not have the correct tools and equipment, and are not competent to do so
- never run a tractor down a slope to start it
- never work near overhead power lines when tipping trailers or using high reaching machinery
- never check hydraulic pipes for leaks by running your finger or hand along them while they are connected and under pressure

Farmers are encouraged to take the appropriate steps before doing any repair work on machinery.

The correct equipment must always be used for the job; this includes wheel chocks and a trolley jack or suitable props. Farmers should also consider employing a competent mechanic to carry out repairs.

Animals

Many farmers never stop to consider why animals behave as they do and, more importantly, what this behaviour could mean to their personal safety.

Livestock can be unpredictable, something that even the most experienced farmer can't completely plan for.

Handling livestock always involves a risk of injury, and this is increased when an animal becomes frightened or has been startled.

Animals will fiercely defend their food, shelter, territory and young. When frightened or in pain, animals may react in ways that threaten your safety as well as their own.

Although most animal incidents are not fatal, many men, women and children are needlessly injured every year due to a lack of safety awareness.

It's important to stress that safe handling equipment is a must, not a luxury.

Falls

Farming carries an above-average risk of falling accidents. Any fall from height can lead to long-term injuries or sadly even death.

Most accidents of this type happen either because the work is not properly planned, the risks are not recognised, proper precautions are not taken, or the equipment used is either defective, not appropriate, or used incorrectly.

While working at heights is always a risky business, there are several things

which can be done to reduce those risks. The following checklist can help prevent falls from heights:

- have you thought about the best way to get up to the job?
- can you use a cherry-picker or a materials handler (including a fork lift)?
- do you have a suitable cage or platform attached to the machine?
- have you done everything you can to avoid using a ladder?
- is the ladder in good condition, rungs and stiles sound?
- is it long enough, reaches to at least 0.9m above the stepping off point?
- can it be tied or footed?
- is the roof material fragile, for example asbestos cement sheet?
- have you got crawling boards or staging to cover the asbestos cement by bridging the joists?
- can you avoid stepping on the roof-lights?

Remember: you can either fall off or through the roof of a farm building.

More farm safety information

You can find out more about farm safety on the links below:

Always take your time to think about what you are doing, as making a few simple checks could actually save a life – maybe your own.

More useful links