

SPRINGHILL MEDICAL CENTER

10
STEPS
TO

Successful Breastfeeding

Every facility providing maternity services
and care of newborn infants should:

- 1 Have a written breastfeeding policy that is routinely communicated to all healthcare staff.
- 2 Train all healthcare staff in the skills necessary to implement this policy.
- 3 Inform all pregnant women about the benefits and management of breastfeeding.
- 4 Help mothers initiate breastfeeding within one hour of birth.
- 5 Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
- 6 Give infants no food or drink other than breast-milk, unless medically indicated.
- 7 Practice rooming-in — allow mother and infants to remain together 24 hours a day.
- 8 Encourage breastfeeding on demand.
- 9 Give no pacifiers or artificial nipples to breastfeeding infants.
- 10 Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.



The Ten Steps to Successful Breastfeeding form the basis of the Baby-Friendly Hospital Initiative, a worldwide breastfeeding quality improvement project created by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

Baby-Friendly hospitals and birth centers also uphold the International Code of Marketing of Breast Milk Substitutes by offering parents support, education, and educational materials that promote the use of human milk rather than other infant food or drinks, and by refusing to accept or distribute free or subsidized supplies of breastmilk substitutes, nipples and other feeding devices.