



When you breastfeed,
you give your baby a
healthy start that
lasts a lifetime.



Ten Steps TO SUCCESSFUL BREASTFEEDING

WORLD HEALTH ORGANIZATION & UNICEF

*This facility upholds the World Health Organization/
UNICEF "Ten Steps to Successful Breastfeeding"
published in a joint statement entitled: "Protecting,
Promoting and Supporting Breastfeeding:
The Special Role of Maternity Services"*



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*Our
hospital helps
mothers and babies
experience the benefits
of breastfeeding
and have
committed to...*



- 1.* Have a written breastfeeding policy that is routinely communicated to all health care staff.
- 2.* Train all health care staff in 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 newborn infants no food or drink other than breast milk, unless medically indicated.
- 7.* Practice rooming-in: allow mothers 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.

