

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"





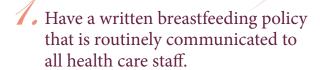


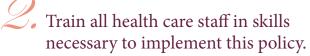
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hospital helps
mothers and babies
experience the benefits
of breastfeeding
and have
committed to...





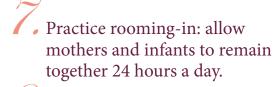


Inform all pregnant women about the benefits and management of breastfeeding.

Help mothers initiate breastfeeding within one hour of birth.

Show mothers how to breastfeed, and how to maintain lactation even if they are separated from their infants.

Give newborn infants no food or drink other than breast milk, unless medically indicated.



Encourage breastfeeding on demand.

Give no pacifiers or artificial nipples to breastfeeding infants.

Foster the establishment of breastfeeding support groups, and refer mothers to them on discharge from the hospital or birth center.