

THE TEN STEPS TO SUCCESSFUL BREASTFEEDING

1

Have a written breastfeeding policy that is routinely communicated to all health care staff.

2

Train all health care 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 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 at hospital discharge.