

The TEN STEPS to Successful Breastfeeding

1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...



- Having an evidence-based policy on breastfeeding support, promotion, and protection
- Having a breastfeeding policy that is known, understood, and implemented by all hospital staff
- Assigning responsibilities for breastfeeding promotion and protection

2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...



- Ensuring that all staff have the necessary knowledge, skills, and attitudes
- Ensuring that all staff have the necessary resources and support

3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...



- Ensuring that all pregnant women receive antenatal care
- Ensuring that all pregnant women receive information, education, and counseling on breastfeeding
- Ensuring that all pregnant women receive support for breastfeeding

4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...



- Ensuring that all mothers and newborns are kept together 24 hours a day
- Ensuring that all mothers and newborns are skin-to-skin
- Ensuring that all mothers and newborns are offered breastfeeding on demand

5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...



- Checking and supporting breastfeeding
- Ensuring that all mothers and newborns receive breastfeeding support
- Ensuring that all mothers and newborns receive breastfeeding support

6 SUPPLEMENTING

Hospitals support mothers to breastfeed by...



- Ensuring that all mothers and newborns receive breastfeeding support
- Ensuring that all mothers and newborns receive breastfeeding support
- Ensuring that all mothers and newborns receive breastfeeding support

7 ROOMING-IN

Hospitals support mothers to breastfeed by...



- Letting mothers and newborns stay together 24 hours a day
- Making sure that mothers and newborns are roomed-in together

8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...



- Helping mothers to recognize their baby's hunger and fullness cues
- Not feeding on demand

9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...



- Not offering artificial nipples to breastfeeding infants
- Not offering artificial nipples to breastfeeding infants

10 DISCHARGE

Hospitals support mothers to breastfeed by...



- Providing information and support for breastfeeding
- Making sure that mothers and newborns receive breastfeeding support

Ten Steps To Financial Health

Jin-Ying Zhang



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