



What is a Baby-Friendly Hospital?

Baby-Friendly Hospitals are those which follow **The 10 Steps to Successful Breastfeeding**, developed by a team of global experts, that research shows are most favorable to breastfeeding success. Ask if the hospital where you will be delivering is “Baby-Friendly”. Go to babyfriendlyusa.org to learn more. *What can you do to help your hospital ensure your success?*

THE 10 STEPS TO SUCCESSFUL BREASTFEEDING

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

Ask your nurse if she is familiar with the Breastfeeding Policy and if you can see a copy.

2 Train all health care staff in skills necessary to implement this policy.

Ask your nurse and physician what training they have had regarding breastfeeding techniques.

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

Attend breastfeeding classes so you know what to expect when getting started.

4 Help mothers initiate breastfeeding within one hour of birth.

Request to breastfeed your baby for the first time while in the delivery area and hold your baby skin-to-skin most of the time.

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

Ask for assistance with breastfeeding. If you or your baby has a medical concern, begin hand expressing breastmilk or using a breast pump.

6 Give infants no food or drink other than breastmilk, unless medically indicated.

When babies are breastfeeding often and well, supplements of formula are not necessary. Ask your nurse to check if feedings are going well.

7 Practice “rooming in”-- keep mothers and infants together 24 hours a day.

Keep your baby with you in your room at all times and continue to do this when you get home for the first several months.

8 Encourage unrestricted breastfeeding.

Feed your baby whenever he seems hungry, at least 8 times or more each 24 hours.

9 Give no pacifiers or artificial nipples to breastfeeding infants.

Don't put anything in your baby's mouth that might interfere with breastfeeding such as pacifiers or bottle nipples.

10 Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Attend breastfeeding classes or groups until you feel confident in your breastfeeding skills.