


The TEN STEPS to Successful Breastfeeding

All Health Facilities must support mothers to breastfeed as a standard of care by implementing the following...

1 HEALTH POLICIES




- Not promoting infant formula, bottles or teats
- Making breastfeeding care standard practice and other items under the scope of regulation R991
- Monitoring policy implementation

2 STAFF COMPETENCY



Build staff capacity and assess their knowledge and skills on supporting mothers to breastfeed

3 ANTENATAL CARE



- To discuss the benefits of breastfeeding and the risks of not breastfeeding
- Introduce and discuss the road to health booklet and caregiver messages to all pregnant women

4 CARE RIGHT AFTER BIRTH




- Encouraging skin-to-skin contact between mother and baby soon after birth
- Help mothers to put the baby on the breast within 1 hour after birth.

5 SUPPORT MOTHERS WITH BREASTFEEDING



- Checking positioning, attachment and suckling
- Giving practical breastfeeding support
- Helping mothers with common breastfeeding problems

6 SUPPLEMENTING



- Giving only breastmilk unless there are medical reasons
- Prioritizing donor human milk when a supplement is needed
- Helping mothers who decided to formula feed after counseling, to do so safely.

7 ROOM IN /BEDDING-IN



- To allow mothers and babies to be together day and night
- Allow mothers to be with their sick babies and provide lodger facilities

8 RESPONSIVE FEEDING




- Helping mothers know when their baby is hungry
- Not limiting breastfeeding times

9 BOTTLES, TEATS AND PACIFIERS



Counsel all mothers on the risks of using feeding bottles, teats and dummies (pacifiers)

10 DISCHARGE



- Referring mothers to community resources for breastfeeding support
- Working with communities to improve breastfeeding support services