

# The TEN STEPS to Successful Breastfeeding

## 1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...



- Having a written policy that supports breastfeeding
- Having a breastfeeding policy that is known by all staff
- Having a designated staff member for breastfeeding support

## 2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



## 3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



## 4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



## 5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



- Checking and supporting breastfeeding
- Giving information and support
- Encouraging mothers and families to breastfeed

## 6 SUPPLEMENTING

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



- Giving advice on how to breastfeed
- Giving information and support
- Encouraging mothers and families to breastfeed

## 7 ROOMING-IN

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



- Letting mothers and babies stay together 24 hours a day
- Making sure that mothers and babies are together 24 hours a day

## 8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



- Helping mothers to breastfeed
- Encouraging mothers and families to breastfeed

## 9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



- Giving information and support
- Encouraging mothers and families to breastfeed

## 10 DISCHARGE

Hospitals support mothers to breastfeed by...

- Having a written policy that supports breastfeeding
- Having a designated staff member for breastfeeding support



- Making sure that mothers and babies are together 24 hours a day
- Making sure that mothers and babies are together 24 hours a day

# Ten Steps To Successful Retirement

**Victor M. Corman**



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