



CRMC INFANT FEEDING POLICY

The Baby Friendly Ten Steps to Successful Breastfeeding

1. Have a written infant feeding 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 mother how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give newborn infants no food or drink, other than breastmilk, unless medically indicated.
7. Practice “rooming-in” – allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on cue.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mother to them on discharge from the hospital or clinic.