

## The Ten Steps to Successful Breastfeeding

It is well known that breastfeeding is one of the most effective ways to ensure child health and survival and WHO actively promotes it as the best source of nourishment for infants and young children.

The “*Ten Steps to Successful Breastfeeding*” were developed by BFHI in order to be implemented within maternity services and support hospitals to become baby-friendly.

1. It is vital for every hospital to have written policy about the breastfeeding and it should be available to all staff that take care mothers and their babies.
2. Train the maternity staff in relation to the ‘Ten Steps’ is necessary. Training should include the behaviour of the health care professionals towards infant feeding.
3. Women should be informed antenatally about the benefits of breastfeeding; discussing the benefits of breastfeeding may be more effective during the first trimester, while discussing fears and beliefs or having practical demonstrations may be more useful later on.
4. Health care professionals should encourage and support women to breastfeed their babies within the first half hour of infant’s life. Women who had caesarean section should also be encouraged to breastfeed as soon as they are able to respond.
5. Midwifery staff should offer support to women with breastfeeding within the first six hours of the birth and teach them how to express breast milk (verbal and written information). Women should also been advised where to get help, should they need it.
6. New-borns who breastfeeding, there is no reason to give food or drink other than breast milk unless there is an acceptable medical reason.
7. Encourage and support women to stay with their infants in the same room for 24 hours, as soon as they delivered, unless medically indicated.
8. Breastfeeding has no restrictions on frequency or length. Health care professionals should encourage mothers to breastfeed their babies on demand and for as long as their babies are responding to breastfeeding.
9. Breastfeeding babies should not be fed using bottles with artificial teats (nipples) nor allowed to suck on pacifiers.
10. Women before discharge should be informed about breastfeeding support groups in community and be able to contact them if they need it.

For more information about the *ten steps to successful breastfeeding* visit the links below:

[http://apps.who.int/iris/bitstream/10665/43633/1/9241591544\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/43633/1/9241591544_eng.pdf)

[http://www.who.int/maternal\\_child\\_adolescent/documents/9241591544/en/](http://www.who.int/maternal_child_adolescent/documents/9241591544/en/)

[https://www.rcm.org.uk/sites/default/files/Pressure%20Points%20-%20Infant%20Feeding%20-%20Final\\_0\\_0.pdf](https://www.rcm.org.uk/sites/default/files/Pressure%20Points%20-%20Infant%20Feeding%20-%20Final_0_0.pdf)

<https://www.nice.org.uk/guidance/qs37/chapter/quality-statement-5-breastfeeding>