

BC Women's Proudly Supports Ten Steps to Successful Breastfeeding

- 1** Have a written breastfeeding policy that is routinely communicated to all health care providers staff and volunteers
- 2** Ensure all health care providers have the knowledge and skills necessary to implement the breastfeeding policy.
- 3** Inform pregnant women and their families about the importance and process of breastfeeding.
- 4** Place babies in uninterrupted skin-to-skin¹ contact with their mothers immediately following birth for at least an hour or until completion of the first feeding or as long as the mother wishes: encourage mothers to recognize when their babies are ready to feed, offering help as needed.
- 5** Assist mothers to breastfeed and maintain lactation should they face challenges including separation from their infants.
- 6** Support mothers to exclusively breastfeed for the first 6 months, unless supplements are medically indicated.
- 7** Facilitate 24 hour rooming-in for all mother-infant dyads: mothers and infants remain together
- 8** Encourage baby-led or cue-based breastfeeding.
Encourage sustained breastfeeding beyond six months with appropriate introduction of complementary foods.
- 9** Support mothers to feed and care for their breastfeeding babies without the use of artificial teats or pacifiers (dummies or soothers).
Provide a seamless transition between the services provided by the hospital, community health services and peer support programs.
- 10** Apply principles of Primary Health Care and Population Health to support the continuum of care and implement strategies that affect the broad determinants that will improve breastfeeding outcomes.

REFERENCE

The Code: Compliance with the International Code of Breast Milk Substitutes.

BCC BFI Integrated 10 Steps Practice Outcome Indicators for Hospitals and Community Health Services
[http://breastfeedingcanada.ca/documents/BCC BFI 20110704 Final BCC BFI Integrated Indicators English.pdf](http://breastfeedingcanada.ca/documents/BCC_BFI_20110704_Final_BCC_BFI_Integrated_Indicators_English.pdf)