

CI0700 Appendix C

BC Women's proudly supports the UNICEF Ten Steps to Successful Breastfeeding which are:

- 1** Have a written breastfeeding policy that is routinely communicated to all health care staff.
- 2** Train all health care staff in skills necessary to implement this policy.
- 3** Inform all pregnant women about the benefits and management of breastfeeding.
- 4** Help mothers initiate breastfeeding within a half-hour after birth.
- 5** Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
- 6** Give newborn infants no food or drink other than breast milk, unless medically indicated.
- 7** Practice rooming-in – allow mothers and infants to remain together – 24 hours a day.
- 8** Encourage breastfeeding on demand.
- 9** Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
- 10** Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Effective: December 2, 2004