

# Ten Steps to Successful Breastfeeding

If you want to succeed at breastfeeding you are your own best advocate!

- 1 Make sure your hospital has a written breastfeeding policy that is routinely communicated to all health care staff.
- 2 Ensure your health care team is trained in skills necessary to support successful breastfeeding.
- 3 Ask your health care provider about the benefits and management of breastfeeding.
- 4 Initiate breastfeeding within half an hour of birth.
- 5 Have your health care provider show you how to breastfeed, and how to maintain lactation even if you should be separated from your infant.
- 6 Give newborn infants no food or drink other than breast milk, unless medically indicated and communicate your wishes to your health care providers.
- 7 Practice rooming-in in the hospital - have your infant with you - 24 hours a day, unless you request otherwise.
- 8 Breastfeed on demand, especially during the first few weeks.
- 9 Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants, and communicate your wishes to your health care providers.
- 10 Find out about your nearest breastfeeding support group and plan to visit with them or a lactation consultant soon after you have gone home with your newborn. A list of consultants can be found at [www.benefits.mt.gov/Breastfeeding.mcp.x](http://www.benefits.mt.gov/Breastfeeding.mcp.x).



*Daniel, 3 months old, nurses happily.  
Photo courtesy of [www.breastfeeding.com](http://www.breastfeeding.com)*

For more information about the Baby Friendly Initiative, please visit their web site: <http://www.babyfriendlyusa.org/eng/index.html>.

Source: *Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services*, a joint WHO/UNICEF statement published by the World Health Organization (WHO).