

Wayne Memorial Hospital Summary of Breastfeeding Policy

PURPOSE:

To establish and promote a philosophy and practice of maternal-infant care that advocates breastfeeding. Care should support the normal physiologic functions involved in the establishment of this maternal-infant process and assist families choosing to breastfeed with initiating and developing a successful and satisfying experience.

POLICY:

- Wayne Memorial Hospital (WMH) staff will actively support breastfeeding as preferred method of providing nutrition to infants by following the *World Health Organization's (WHO)* "Ten Steps to Successful Breastfeeding". Wayne Memorial Hospital New Beginnings Staff will attend the required breastfeeding training sessions. (15 hours). New hires should receive and understand the policy within 30days of employment. Current staff will be made aware of changes to the policy as soon as possible and will maintain a yearly competency. (see "General nursing skills OB/Nursery for Registered Nurse).

WHO/UNICEF – TEN STEPS TO SUCCESSFUL BREASTFEEDING:

- Have a written breastfeeding policy that is routinely communicated to all health care staff.
- Train all health care staff in the skills necessary to implement this policy.
- Inform all pregnant women about the benefits and management of breastfeeding.
- Help mothers initiate breastfeeding within the first hour of birth.
- Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
- Give newborn infants no food or drink other than breast milk, unless medically indicated.
- Practice rooming-in (allow mothers and infants to remain together) 24 hours a day.
- Encourage breastfeeding on demand.
- Give no artificial nipples or pacifiers to breastfeeding infants.
- Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital.