The TEN STEPS to Successful Breastfeeding

1. HOSPITAL POLICIES
   - Hospitals support mothers to breastfeed by...
   - Not promoting infant formula, bottles, or teats
   - Making breastfeeding care standard practice
   - Keeping track of supportive breastfeeding

2. STAFF COMPETENCY
   - Hospitals support mothers to breastfeed by...
   - Training staff on supporting mothers to breastfeed
   - Assessing health workers' knowledge and skills

3. ANTENATAL CARE
   - Hospitals support mothers to breastfeed by...
   - Discussing the benefits of breastfeeding for babies and mothers
   - Preventing women in labor to feed their baby

4. CARE RIGHT AFTER BIRTH
   - Hospitals support mothers to breastfeed by...
   - Encouraging breastfeeding soon and baby soon after birth
   - Helping women to keep baby to the breast right away

5. SUPPORT MOTHERS WITH BREASTFEEDING
   - Hospitals support mothers to breastfeed by...
   - Checking position, attachment, and suckling
   - Giving practical breastfeeding support
   - Helping mothers win common breastfeeding problems

6. SUPPLEMENTING
   - Hospitals support mothers to breastfeed by...
   - Giving only breast milk unless there are medical reasons
   - Prioritizing donor human milk when a supplement is needed
   - Helping mothers who have to go to work

7. ROOMING-IN
   - Hospitals support mothers to breastfeed by...
   - Letting mothers and babies stay together day and night
   - Making sure that mothers and sick babies can stay near their baby

8. RESPONSIVE FEEDING
   - Hospitals support mothers to breastfeed by...
   - Helping mothers know when their baby is hungry
   - Not feeding breastfed babies

9. BOTTLES, TEATS AND PACIFIERS
   - Hospitals support mothers to breastfeed by...
   - Counselling mothers on the use and risks of feeding bottles, teats, and pacifiers

10. DISCHARGE
    - Hospitals support mothers to breastfeed by...
    - Referring mothers to resources for breastfeeding support
    - Working with communities to breastfeeding support services

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