

~ The Ten Steps to Successful Breastfeeding ~ - Windows Internet Explorer

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~ The Ten Steps to Successful Breastfeeding ~

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**BFHI USA**  
Implementing the UNICEF/WHO  
Baby Friendly Hospital Initiative in the U.S.

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**About BFHI**

**The Ten Steps To Successful Breastfeeding**

The BFHI promotes, protects, and supports breastfeeding through The Ten Steps to Successful Breastfeeding for Hospitals, as outlined by UNICEF/WHO. The steps for the United States 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 one hour of birth.
- 5 -Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
- 6 -Give newborn infants no food or drink other than breastmilk, 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 pacifiers or artificial nipples to breastfeeding infants.
- 10 -Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic

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