

## **CPP0443 Breastfeeding the Healthy Term Newborn Appendix 5**

### **The Ten Steps to Successful Breastfeeding**

#### **Critical management Procedures**

1. a. Have a written infant feeding policy that is routinely communicated to all health care staff.  
b. Comply fully with the International Code of Marketing of breastmilk Substitutes and relevant World Health Assembly resolutions.  
c. Establish ongoing monitoring and data-management systems
2. Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.

#### **Key Clinical Practices**

3. Discuss the importance and management of breastfeeding with pregnant women and their families.
4. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to recognise when their babies are ready to breastfeed, offering help if needed.
5. Support mothers to initiate and maintain breastfeeding and manage common difficulties.
6. Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.
7. Enable mothers and their infants to remain together and to practise rooming-in 24 hours a day.
8. Support mothers to recognise and respond to their infants' cues for feeding.
9. Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.
10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care.

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