The TEN STEPS to Successful Breastfeeding

1. HOSPITAL POLICIES
   - Not promoting infant formula, bottles or teats
   - Making breastfeeding care standard practice
   - Keeping track of support for breastfeeding

2. STAFF COMPETENCY
   - Training staff on supporting mothers to breastfeed
   - Assessing health workers’ knowledge and skills

3. ANTENATAL CARE
   - Discussing the importance of breastfeeding for babies and mothers
   - Preparing women in how to feed their baby

4. CARE RIGHT AFTER BIRTH
   - Encouraging skin-to-skin contact between mother and baby soon after birth
   - Helping mothers to put their baby to the breast right away

5. SUPPORT MOTHERS WITH BREASTFEEDING
   - Checking attachment and sucking
   - Giving practical breastfeeding support
   - Helping mothers with common breastfeeding problems

6. SUPPLEMENTING
   - Giving only breast milk unless there are medical reasons
   - Prioritizing donor milk unless supplementation is needed
   - Helping mothers who want to formula feed to do so safely

7. ROOMING-IN
   - Letting mothers and babies stay together day and night
   - Making sure that mothers of sick babies can stay near their baby

8. RESPONSIVE FEEDING
   - Helping mothers know when their baby is hungry
   - Not limiting breastfeeding times

9. BOTTLES, TEATS AND PACIFIERS
   - Counseling mothers on the use and risks of feeding bottles, teats and pacifiers

10. DISCHARGE
    - Referring mothers to community resources for breastfeeding support
    - Working with communities to breastfeeding support services

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