



Self-Appraisal Tool for Maternity Facilities

Preparing for Assessment and Use of the BFHI Self-Appraisal Tool

This self-appraisal tool has been developed for use by maternity facilities, to evaluate how their current practices measure up to the Ten Steps to Successful Breastfeeding and readiness for assessment for Baby Friendly Health Initiative (BFHI) accreditation. It should be used in conjunction with the detailed standards for each step as described in the BFHI Handbook for Maternity Facilities (the handbook).

The facility should appraise its current practices in relation to the BFHI standards in the handbook. The self-appraisal tool permits the facility to make an initial appraisal and review of its practices in support of breastfeeding.

Analysing the Self-Appraisal Results

If a facility finds that many of its answers to this self-appraisal are "Yes", this is an indication of good progress towards implementation of the BFHI standards. The facility can also use the self-appraisal to review its strengths and weaknesses, determine any areas that need to be addressed, and decide when it believes it will be ready for assessment (further information about assessment can be found within the handbook). Before assessment, the facility is advised to study the specific standards for each step, as described in the handbook, to learn more details of the criteria against which they will be assessed.

A facility should develop an **action plan** if there are many "No" answers on the self-appraisal tool or where 75%¹ of babies are not exclusively breastfed or breastmilk fed from birth to discharge. The aim would be to eliminate practices that hinder the initiation of exclusive breastfeeding and to expand those that enhance it.

If this self-appraisal indicates a need for substantial improvements in practice, the facility is encouraged to spend the necessary time adjusting routines, re-educating staff, and establishing new patterns of care. The self-appraisal process should then be repeated.

Once a facility wishes to apply for onsite assessment, the completed self-appraisal tool must be submitted in support of the application. Completion of this self-appraisal tool is the first stage of the process but does not qualify the facility for any award.

¹ See the 2021 edition of the BFHI Handbook for Maternity Facilities for more detail on calculating exclusive breastfeeding rates, as this has been updated.

Materials required for assessment

Before seeking assessment for BFHI accreditation or reaccreditation, the facility must have the following available, as the assessors will need to review these materials:

A copy of the full breastfeeding policy and the abstract/summary.		<input type="checkbox"/>
A copy of any other 'policies for BFHI' that meet the requirements of steps 1a and 1b. <i>This includes any policies, protocols or procedures which may be separate from the breastfeeding policy but are required to meet all the criteria stated in step 1a and 1b.</i>		<input type="checkbox"/>
Documentation on the facility's data management system for ongoing monitoring of the eight key clinical practices (Steps 3 to 10), including the sentinel indicators (Step 1c).		<input type="checkbox"/>
Evidence of the meeting schedule or similar which shows that clinical personnel meet at least every six months to review the results of the monitoring (Step 1c).		<input type="checkbox"/>
Copies of any clinical pathways which include implementation of BFHI requirements		<input type="checkbox"/>
Documents and clinical pathway/s relating to discharge from the facility		<input type="checkbox"/>
Copies of any printed breastfeeding/infant feeding educational material made available to pregnant women/mothers/families at the facility, including printed information about follow-up and community resources given to mothers before discharge.	Antenatal	<input type="checkbox"/>
	Postnatal	<input type="checkbox"/>
Any other handouts or sample bags made available by staff at the facility to mothers/families.		<input type="checkbox"/>
Outline of content of the antenatal breastfeeding education/discussion given to women in these areas, where applicable (as stated in step 3)	Antenatal Education Classes	<input type="checkbox"/>
	Antenatal services	<input type="checkbox"/>
	Booking-in	<input type="checkbox"/>
BFHI data for the most recent 12 months (Jan-Jun & Jul-Dec or Jul-Dec & Jan-Jun) using the BFHI Excel spreadsheet. If data that is more recent is available, facilities are encouraged to have this data, preferably up to the preceding month, available for assessors to review.		<input type="checkbox"/>

Facility Information

Date Completed		
Facility		
Address		
CEO/Chief Administrator		
Director of Nursing/ Midwifery <i>(with responsibility for maternity services)</i>		
BFHI Coordinator		
Telephone		
Email		
Type of facility	Public	
	Private	
	Public/Private (mixed)	
	Metro	
	Rural	
	Remote	
	Other - please specify	
Total bed capacity		
Services provided within the facility <i>(tick all which apply)</i> <i>For a facility where services are combined and/or where beds are not designated for a single purpose, provide sufficient information for BFHI to have an understanding of the type of facility and the services offered. This facilitates planning for and reviewing the assessment.</i>	Separate Booking-in Service	
	Antenatal Classes	
	Special Care and/or NICU # bed capacity	
	Antenatal Beds # bed capacity	
	Well-Baby Nursery # bed capacity	
	Postnatal Beds # bed capacity	
	Domiciliary Care	
	Birth (Labour) Suite area # bed capacity	
	Antenatal Clinic(s)	
	Birth Centre # bed capacity	
	Other areas for mothers and children # bed capacity	
Does the facility hold antenatal clinics at other sites outside the hospital?		
If yes, please state or attach when and where		

Total births during the last 12-month period from		From		To	
Number of total births					
Number by caesarean		Caesarean rate %			
Number admitted to special care / NICU		Special Care rate %			
Cultures and languages					
What are the main cultural groups served by the facility?					
What are the main language(s) used by these groups?					
What approximate percentage would each language represent within the total population served by the facility?					
<p><i>Facilities are expected to have translated materials and a breastfeeding policy summary for each language used by at least 10% or more of the women who use the facility's maternity services.</i></p>					

Critical Management Procedures

STEP 1a: Have a written infant feeding policy that is routinely communicated to staff and parents		
1a.1	Does the facility have a written policy or 'Policies for BFHI' that are routinely communicated to personnel and parents? (This may stand alone as a separate document, be included in a broader infant feeding policy, or be incorporated into a number of other policy documents and guidelines).	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a.2	Does review of the policy/policies (and protocols) indicate that implementation of each of the <i>Ten Steps to Successful Breastfeeding</i> is adequately addressed: The Critical Management Procedures	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 1a: Have a written infant feeding policy that is routinely communicated to staff and parents	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 1b: Comply fully with the International Code of Marketing of Breastmilk Substitutes and relevant World Health Assembly resolutions	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 1c: Establish ongoing monitoring and data-management systems	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 2: Ensure that staff have sufficient knowledge, competence, and skills to support breastfeeding	<input type="checkbox"/> Yes <input type="checkbox"/> No
	The Key Clinical Practices	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 3: Discuss the importance and management of breastfeeding with pregnant women and their families	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 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	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 5: Support mothers to initiate and maintain breastfeeding and manage common difficulties	<input type="checkbox"/> Yes <input type="checkbox"/> No
Step 6: Do not provide breastfed newborns any food or fluids other than breastmilk, unless medically indicated	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Step 7: Enable mothers and their Infants to remain together and to practise rooming-in 24 hours a day	<input type="checkbox"/> Yes <input type="checkbox"/> No	

	Step 8: Support mothers to recognise and respond to their infants' cues for feeding	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 9: Counsel mothers on the use and risks of feeding bottles, teats, and pacifiers	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Step 10: Coordinate discharge so that parents and their Infants have timely access to ongoing support and care	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a.3	Is there a summary of the Breastfeeding Policy displayed in each area of the facility's antenatal, birthing, and maternity services where it can be seen by pregnant women, mothers, and their families? If display of materials such as posters is restricted or not permitted, are there procedures in place to ensure all pregnant women, mothers and their families are made aware of the facility's breastfeeding policy?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a.4	Where the Breastfeeding Policy is summarised for display, does the summary cover at least the Ten Steps	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a.5	Is the Breastfeeding Policy summary is displayed or available in each of the languages most commonly understood by 10% or more of women who use the facility's maternity services (it can be in low literacy or pictorial format).	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a.6	Could at least 80% of Group 1 and 2 personnel explain at least two elements of the breastfeeding policy that influences how they provide care and information in their role in the facility?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a.7	Does the facility have policy statements which address support for staff to continue breastfeeding when they return to work?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1a.8	Does the facility have policy statements, which address standards of care for the mother who is artificially feeding her baby, and includes the following points:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> Relevant personnel have received education to ensure that their knowledge about artificial feeding is current? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> Relevant personnel have the skills to teach mothers correct preparation, storage and handling of powdered infant formula? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> Mothers who are considering artificial feeding are supported to make a fully informed choice, appropriate to their circumstances? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> All mothers who will be leaving the facility using infant formula have been given information and instruction? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> Instruction on artificial feeding is given only to parents who need it; there is no group instruction; it is done privately, away from breastfeeding mothers? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> Instructional materials on artificial feeding which are shown or given to parents are free from advertising, do not refer to or contain images of an identifiable product, and comply with the WHO International Code? 	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 1b: Comply fully with the *International Code of Marketing of Breastmilk Substitutes* and relevant World Health Assembly resolutions

1b.1	Does the facility have policy statements which address implementation of the WHO International Code and include each one of the following points:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> Adherence by the facility and its staff to the relevant provisions of the WHO International Code and subsequent WHA resolutions? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> All promotion of artificial feeding and materials which promote the use of infant formula, feeding bottles and teats is prohibited? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> The facility is not permitted to receive or distribute free and subsidised (low cost) products within the scope of the WHO International Code? 	<input type="checkbox"/> Yes <input type="checkbox"/> No

	<ul style="list-style-type: none"> The distribution to parents of take home samples and supplies of infant formula, bottles and teats is not permitted? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> There are restrictions on access to the facility and staff by representatives from companies in relation to marketing or distributing infant formula products or equipment used for artificial feeding? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> There is no direct or indirect contact of these representatives with pregnant women or mothers and their families? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> The facility does not accept free gifts, non-scientific literature, materials or equipment, money, or support for in-service education or events from these companies if there is any association with artificial feeding or potential promotion of brand/product recognition in relation to infant feeding? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> There is careful scrutiny at the institutional level of any research which involves mothers and babies for potential implications on infant feeding or interference with the full implementation of the policy. 	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.2	If the facility has retail outlets/kiosks on site, where possible has the facility endeavoured to restrict or minimise the promotion and/or sale of materials that are unsupportive of breastfeeding and/or inconsistent with BFHI?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.3	Are there no materials being used, distributed, or displayed to parents, which are unsupportive of breastfeeding, with the exception of informational material given individually to parents who have chosen to artificially feed their baby?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.4	Are there no materials or literature used, displayed, or distributed to parents, produced by a company which markets or distributes infant formula products or equipment used for artificial feeding?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.5	Are there no materials or literature used, displayed, or distributed to parents, which picture or refer to a propriety product that is within the scope of the WHO International Code?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.6	Educational materials including videos/DVDs, handouts and sample bags/gifts which are shown to, made available and/or distributed to pregnant women, new parents or their families are free of:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> promotion of artificial feeding, bottles, teats, and dummies and contain no samples or redeemable vouchers for these products? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> information or articles which normalise artificial feeding? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> advertisements or promotion of infant, follow-on or toddler formula? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> advertisements or promotion of equipment for artificial feeding including bottles and teats? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> samples or coupons for products within the scope of the WHO International Code? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> samples or coupons for baby foods? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> information which contradicts exclusive breastfeeding for around 6 months as the norm? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> recommendations for scheduled feeds? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> advertisements for dummies? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.7	Are there restrictions on access to the facility and staff by formula company representatives. Are company representatives not permitted to have direct or indirect contact with pregnant women or mothers.	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.8	Does the facility and its personnel neither accept or distribute to mothers free or subsidised (low cost) samples or supplies of breastmilk substitutes, teats, bottles, or dummies?	<input type="checkbox"/> Yes <input type="checkbox"/> No

1b.9	Are breastmilk substitutes including special formula and other supplies required for artificial feeding purchased through normal procurement channels or are brought in by parents for feeding their own infants?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1b.10	Could at least 80% of the Group 1 and 2 personnel can explain at least two elements of the WHO International Code?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 1c: Establish ongoing monitoring and data-management systems

1c.1	Does the facility have a data management system for ongoing monitoring of the eight key clinical practices (Steps 3 to 10), including the sentinel indicators?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1c.2	Do clinical personnel at the facility meet at least every 6 months to review the results of the monitoring?	<input type="checkbox"/> Yes <input type="checkbox"/> No
1c.3	If the facility has been assessed before, have all recommendations made at the last assessment been addressed?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 2: Ensure that staff have sufficient knowledge, competence, and skills to support breastfeeding

2.1	Does the facility maintain records that show that at least 80% of the Group 1 personnel have completed at least 8 hours of BFHI education in the previous 3 years?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.2	Does the facility maintain records that show that at least 80% of the Group 2 personnel (who have been at the facility for 3 months or more) have been provided with BFHI information relevant to their Group in the previous 3 years?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.3	Are new personnel, casual personnel, students, locums, and others who assist or advise mothers with breastfeeding oriented to the policies and protocols?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.4	Are the BFHI education options for Groups 1, 2 and 3 comprehensive and do they meet the requirements for this Step?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.5	Does assessment/review/monitoring of Group 1 skills and knowledge meet the requirements for this Step?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.6	Do Group 2 personnel have the skills and knowledge related to BFHI (as applicable to their role)?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Key Clinical Practices

STEP 3: Discuss the Importance and management of breastfeeding with pregnant women and their families

3.1	Does the antenatal education/discussion/pathway cover at least the following key points:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	• the facility's breastfeeding policy including the Ten Steps to Successful Breastfeeding?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	• why breastfeeding is important, and the risks associated with not breastfeeding?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	• the importance of early uninterrupted skin-to-skin contact (the importance of the first hour)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	• the importance of early initiation of breastfeeding (or expressing)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	• infant feeding cues and frequency of feeding?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	• the basics of good positioning and attachment?	<input type="checkbox"/> Yes <input type="checkbox"/> No
• the importance of 24-hour rooming in?	<input type="checkbox"/> Yes <input type="checkbox"/> No	

	<ul style="list-style-type: none"> the WHO/NHMRC recommendation for 6 months of exclusive breastfeeding and then the introduction of solids at around 6 months, with continued breastfeeding? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> breastfeeding support groups and services in the community? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.2	Is the antenatal information about breastfeeding available in a variety of written and electronic formats, including low literacy or pictorial. And in each language used by 10% or more of the women who use the facility's maternity services?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.3	Can antenatal personnel describe the community-based breastfeeding and pregnancy support groups and/or classes in the local area and explain how they encourage pregnant women to access these?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.4	Can antenatal personnel describe the support, resources, and materials available for culturally and linguistically diverse pregnant women?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.5	Are all pregnant women are asked about their breastfeeding knowledge and previous experience with infant feeding?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.6	Are pregnant women who did not breastfeed a previous child or had problems with breastfeeding routinely offered antenatal breastfeeding counselling?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.7	Have at least 80% of the pregnant women in their third trimester been given the opportunity to discuss breastfeeding with a staff member?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.8	Could at least 80% of the pregnant women in their third trimester state at least two reasons why breastfeeding is important?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.9	Could at least 80% of the pregnant women in their third trimester answer questions about skin-to-skin contact immediately after birth and feeding cues?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.10	Could at least 80% of the pregnant women in their third trimester state why rooming-in day and night is important?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.11	Could at least 80% of the pregnant women in their third trimester confirm that they have been given information on breastfeeding support groups and services available in the community and how they can contact them?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.12	Could at least 80% of the women with babies in Special Care/NICU confirm that a staff member discussed breastfeeding with them during their antenatal care (if it were at the facility)?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 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

4.1	<p>SENTINAL INDICATOR</p> <p>Do at least 80% of term infants experience uninterrupted skin-to-skin contact immediately or within 5 minutes after birth, or within 10 minutes of arriving in recovery following a caesarean, and does this contact continue uninterrupted until after the first breastfeed or for at least an hour if the baby feeds sooner?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.2	Could at least 80% of postnatal mothers confirm that their baby was immediately placed skin-to-skin, regardless of whether or not they intended to breastfeed (unless a medically indicated procedure was required)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.3	Could at least 80% of postnatal mothers who intended to breastfeed confirm that the baby stayed skin-to-skin without interruption for at least an hour (even if the baby breastfed early)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.4	Could at least 80% of postnatal mothers who intended to breastfeed confirm that that the baby was allowed to follow the normal sequence of innate feeding behaviours, seek the breast, and initiate the first breastfeed, without staff hands-on intervention (unless required)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.5	Could at least 80% of postnatal mothers who did not intend to breastfeed confirm that the baby stayed skin-to-skin without interruption for at least an hour, unless earlier separation was at mother's request, which was documented?	<input type="checkbox"/> Yes <input type="checkbox"/> No

4.6	Are there procedures and resources in place on the postnatal unit to ensure that all mothers of babies who did not initiate breastfeeding soon after birth, are supported to initiate expressing colostrum as soon as possible, but at least within 2 hours of birth?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.7	Could at least 80% of the women with babies in Special Care/NICU confirm that they have held their babies' skin-to-skin, or if not, the staff could provide justifiable reasons why this did not occur?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.8	Are there are procedures and resources in place to ensure that mothers of babies who are in Special Care/NICU and who did not initiate breastfeeding soon after birth, are supported to initiate expressing colostrum as soon as possible, but at least within 2 hours of birth?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 5: Support mothers to initiate and maintain breastfeeding and manage common difficulties

5.1	Are all breastfeeding mothers taught:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> how to position and attach their babies for breastfeeding, and how to recognise that the baby is well attached on the breast, breastfeeding effectively and milk transfer is occurring? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> the supply and demand principles and how to maintain optimal milk supply? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> how to recognise when their baby is ready to feed? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> how to maintain lactation if the baby is not feeding effectively or if temporarily separated? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> how to stimulate the milk ejection reflex and express breast milk by hand or pump? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> how to hand express a few drops of milk to entice the baby at the beginning of a feed? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> how to assess whether their baby is getting enough milk? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.2	breast and nipple care?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	If a breastfeeding mother or a breastfed baby/child is admitted to any part of the facility, does the support provided facilitate the continuation of breastfeeding?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.3	Could at least 80% of breastfeeding mothers:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm that if their baby did not initiate breastfeeding within 2 hours, they were supported to initiate lactation as soon as possible, but within 2 hours, (unless they were severely medically compromised)? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> report that they were given further assistance with breastfeeding as required? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> demonstrate or describe correct positioning and attachment? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> describe how to recognise their babies are well attached on the breast and breastfeeding effectively, describe cues, other than crying, that indicate their baby is ready to feed? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> describe two ways to maintain an optimal milk supply? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> describe two ways to assess whether their baby is getting enough milk? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm that they have been shown by staff how to hand express at least a few drops of colostrum or breastmilk before a feed? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
<ul style="list-style-type: none"> confirm that they have been informed by staff and provided with written information on how to store, transport and use their expressed breastmilk? 	<input type="checkbox"/> Yes <input type="checkbox"/> No	

5.4	Could at least 80% of breastfeeding mothers with babies in Special Care/NICU:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm they breastfed or were supported to initiate lactation as soon as possible, but at least within 2 hours of birth unless the mother was severely medically compromised? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm they have been shown how to express their breastmilk and have been provided with assistance as required? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> describe an acceptable technique they are using for hand expressing or pumping their milk? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm they have been informed how to maintain lactation by frequent expression of breastmilk? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm they have been informed and provided with written information on how to store, transport and use their expressed breastmilk (if their babies are 24 or more hours old)? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> describe signs to look for to know that their baby is getting enough breastmilk, after the baby goes home? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.5	Are support, resources, and materials available on the postnatal unit for women from culturally and linguistically diverse backgrounds?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.6	Could least 80% of the Group 1 personnel demonstrate an acceptable technique for helping mothers position and attach their babies for a breastfeed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.7	Could least 80% of the Group 1 personnel demonstrate an acceptable technique for teaching mothers how to hand express at least a few drops of milk at the beginning of a feed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.8	Could least 80% of the Group 1 personnel describe guidelines for storage and use of expressed breastmilk for a well-baby at home, when the milk is not to be frozen?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 6: Do not provide breastfed newborns any food or fluids other than breastmilk, unless medically indicated

6.1	<p>SENTINAL INDICATOR</p> <p>Are least 75% of term and preterm infants are breastfed or breastmilk fed exclusively throughout their stay in the facility?</p> <p><i>Facilities that are unable to achieve an average 75% exclusive breastfeeding rate over the required period are required to submit additional data to show that their exclusive breastfeeding or breastmilk feeding rate would be at least 75% if the calculation included babies who were supplemented for documented medical reasons. For further information on how this is calculated, see 'Sentinel Indicator Exclusive Breastfeeding Rates' in the 'BFHI Handbook for Maternity Facilities'.</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.2	Are mothers who will be leaving the facility using infant formula given instruction and supervised practice on the reconstitution of powdered infant formula and how to bottle-feed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.3	Could at least 80% of Group 1 personnel:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> state at least two of the Indications for supplementation in healthy term infants and one practice that can help prevent the need for supplementation? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> outline ways in which a supplementary feed of infant formula can affect the breastfeeding baby and mother? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> outline key safety and hygiene points that should be covered when instructing reconstitution of powdered infant formula? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> briefly describe the key issues to be covered when instructing a mother on how to feed her baby with a bottle? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.4	Could at least 80% of Group 2 personnel:	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> state at least two of the medical indications for supplementation in healthy term infants and one practice that can help prevent the need for supplementation? <i>(If making decisions about using infant formula is part of their role)</i> 	<input type="checkbox"/> Yes <input type="checkbox"/> No

	<ul style="list-style-type: none"> outline ways in which a supplementary feed of infant formula can affect the breastfeeding baby and mother? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> describe what should be discussed with a breastfeeding mother who is considering feeding her baby with infant formula, including the potential risks? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.5	When a supplement has been given to a breastfed baby, is there documented evidence in the case notes that there was an acceptable medical reason (per the Indications for Supplementation in Healthy Term Infants) or it was at the mother's request, having made an informed decision which was documented?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.6	Could at least 80% of mothers who have been feeding their babies with infant formula for at least 24 hours (48 hours old if caesarean birth):	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm they have been given individual education about making up a bottle-feed using powdered infant formula? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<ul style="list-style-type: none"> confirm they have made up a bottle-feed using powdered infant formula under supervision, or have been offered the opportunity to do so? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.6	adequately answer questions about:	
	<ul style="list-style-type: none"> making up and using powdered infant formula to feed their babies? the risks to the baby if the preparation and handling instructions are not carefully adhered to? how to feed a baby with a bottle? 	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.7	Is infant formula and equipment for artificial feeding stored discreetly and not openly displayed in the maternity and neonatal areas?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.8	Does the facility have adequate space and necessary equipment to give individual instruction on how to prepare formula away from breastfeeding mothers?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 7: Enable mothers and their infants to remain together and to practise rooming-in 24 hours a day

7.1	Are mother-baby separations uncommon, only when necessary, and fully documented?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7.2	Is the time, duration, and the reason for all separations routinely documented?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7.3	Are there suitable provisions to ensure direct supervision of babies for any period that they are not with their mothers?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7.4	Could at least 80% of Group 1 personnel outline the circumstances when an exception can be made to mothers and babies rooming-in 24 hours a day in the postnatal unit?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7.5	Could at least 80% of mothers on the postnatal unit report that since birth their babies have been with them day and night, or if separated it was necessary for a justifiable reason?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7.6	Could at least 80% of mothers on the postnatal unit state one reason why rooming-in (staying close to their babies 24 hours a day) is important?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7.7	Could at least 80% of mothers whose babies are in Special Care/NICU confirm they were encouraged to stay close to their babies as much as possible, without restrictions on access to the NICU/Preterm unit?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 8: Support mothers to recognise and respond to their infants' cues for feeding

8.1	Do Group 1 personnel advise mothers to breastfeed their babies in response to early feeding cues, as often and for as long as the baby wants?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8.1	Can Group 1 personnel describe a number of different feeding cues?	<input type="checkbox"/> Yes <input type="checkbox"/> No

8.2	Could at least 80% of breastfeeding mothers on the postnatal unit report that they have been advised to breastfeed their babies in response to early feeding cues, as often and for as long as the baby wants (assuming the baby is breastfeeding effectively)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8.3	Could at least 80% of mothers on the postnatal unit describe two early feeding cues before crying?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 9: Counsel mothers on the use and risks of feeding bottles, teats, and pacifiers

9.1	Are dummies/pacifiers not provided to mothers who request them on the postnatal unit?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.2	Are breastfeeding mothers counselled on the use and risks of feeding bottles, teats, and pacifiers/dummies?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.3	Do Group 1 personnel have the clinical skills to assist mothers to use alternative feeding methods, other than artificial teats and bottles, when they are required?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.4	Could at least 80% of Group 1 personnel describe the factors that need to be taken into account when counselling a breastfeeding mother on the best method for feeding her baby with EBM or a supplement?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.5	Could at least 80% of Group 1 personnel explain why dummy use is not recommended while breastfeeding is being established?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.6	Could at least 80% of pregnant women in their third trimester explain why dummy use is not recommended while breastfeeding is being established?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.7	Could at least 80% of mothers on the postnatal unit explain why dummy use is not recommended while breastfeeding is being established?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.8	Could at least 80% of mothers on the postnatal unit report that, if their babies have been fed other than at the breast, they were counselled on the use, risks and benefits of the feeding method used?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STEP 10: Coordinate discharge so that parents and their Infants have timely access to ongoing support and care

10.1	Does the facility have procedures that facilitate ongoing support for breastfeeding and infant feeding when mothers and babies transition from inpatient care to community-based care?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.2	Is written information distributed to mothers before discharge on where and how they can find help with infant feeding after returning home?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.3	Could at least 80% of Group 1 personnel describe the infant feeding support groups and follow-up services available in the local area or from the hospital and explain how mothers are encouraged to access these?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.4	Could at least 80% of mothers on the postnatal unit identify at least two support groups and/or services where they could get help with feeding their baby after discharge from the facility?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.5	Does the facility work with and include the local breastfeeding support groups and services, where available?	<input type="checkbox"/> Yes <input type="checkbox"/> No