

# Ten Steps to Successful Breastfeeding

Good Samaritan Medical Center upholds the World Health Organization/UNICEF Ten Steps to Successful Breastfeeding, published in a joint statement entitled, Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services

- 1.** Have a written breastfeeding policy that is routinely communicated to all health care staff.
- 2.** Train all health care staff in the 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 infants no food or drink other than breast-milk, 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 birth center.

**Good Samaritan Medical Center has achieved the prestigious Baby-Friendly® Designation.** This award has been granted to 167 hospitals in the United States and only ten in the Commonwealth of Massachusetts. The Baby-Friendly® Hospital Initiative is a global initiative of the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). Baby-Friendly® USA implements it in the United States.

Baby Friendly hospitals and birth centers also uphold the International Code of Marketing of Breast-milk Substitutes by offering parents support, education, and educational materials that promote the use of human milk rather than other infant food or drinks, and by refusing to accept or distribute free or subsidized supplies of breast milk substitutes, nipples, and other feeding devices. For more information visit: [babyfriendlyusa.org](http://babyfriendlyusa.org)

**Good Samaritan  
Medical Center**

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