

# 10 Steps to Successful Breastfeeding



Midwifery and medical staff at Sunshine Hospital agree that breastfeeding is the best way to provide a healthy start to a baby's life, and as such, practise the following steps to support the successful initiation and maintenance of breastfeeding for women who attend this facility:

Step <b>1</b>	<b>We have a breastfeeding policy</b> Our breastfeeding policy means that all our staff give consistent and expert advice to mothers.	
Step <b>2</b>	<b>Staff receive breastfeeding education</b> All our staff receive training about breastfeeding in accordance with the Baby Friendly Health Initiative guidelines.	
Step <b>3</b>	<b>Breastfeeding education during pregnancy</b> Learning why breastfeeding is important and how to breastfeed during your pregnancy will help you successfully breastfeed after birth.	
Step <b>4</b>	<b>"Skin to skin" contact immediately after birth</b> We will place your baby on your chest immediately after birth to assist your baby to develop instinctive breastfeeding behaviours.	
Step <b>5</b>	<b>We will help you start and maintain breastfeeding</b> We will show you how to get off to a good start and continue breastfeeding your baby.	
Step <b>6</b>	<b>Breast milk is all babies need</b> Breast milk is best for all babies. Introducing other food or milk may affect your ability to breastfeed successfully.	
Step <b>7</b>	<b>Keep mothers and babies together</b> While you are in hospital your baby will stay with you 24 hours a day to help you learn what your baby needs.	
Step <b>8</b>	<b>Baby-led Breastfeeding</b> Breastfeeding your baby when showing interest in feeding means your baby will get the right amount. We will show you how to recognize your baby's feeding cues.	
Step <b>9</b>	<b>No teats or dummies for breastfeeding babies</b> Introducing teats and dummies can affect your baby's ability to breastfeed and interfere with the successful establishment of breastfeeding.	
Step <b>10</b>	<b>Breastfeeding support following discharge</b> Your midwife will talk to you about breastfeeding services in the community that offer support to continue breastfeeding once you go home.	

*A copy of the full breastfeeding policy is available on request – please ask a member of staff.*