

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