

Western Health is committed to promoting, protecting and supporting

BREASTFEEDING

We are accredited as a Baby Friendly Health Initiative facility and follow the World Health Organization's *10 Steps to Successful Breastfeeding*.

10 Steps to Successful Breastfeeding

1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by:

- Not promoting infant formula, bottles or teats
- Making breastfeeding the standard practice
- Keeping track of hospital breastfeeding

2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by:

- Training staff on helping mothers to breastfeed
- Assessing health care staff knowledge and skills

3 ANTENATAL CARE

Hospitals support mothers to breastfeed by:

- Disrupting the conventional advice for babies with mothers
- Supporting women to breastfeed their baby

4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by:

- Encouraging skin-to-skin contact between mothers and baby soon after birth
- Helping women to get their baby to the breast right away

5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by:

- Checking effectiveness of suckling
- Offering practical breastfeeding support
- Helping mothers with breastfeeding problems

6 SUPPLEMENTING

Hospitals support mothers to breastfeed by:

- Giving only breast milk unless there are medical reasons
- Identifying donor human milk when supplement is needed
- Helping mothers feed to do so safely

7 ROOMING-IN

Hospitals support mothers to breastfeed by:

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

8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by:

- Helping mothers know when their baby is hungry
- Not using bottles, teats

9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by:

- Encouraging mothers on the use and risks of feeding bottles, teats and pacifiers

10 DISCHARGE

Hospitals support mothers to breastfeed by:

- Referring mothers to community breastfeeding support
- Working with communities to improve breastfeeding support services



To read our full breastfeeding policy, scan the QR code.

