

## The Ten Steps to Successful Breastfeeding

The Birth Center at Wake Forest Baptist Medical Center fully supports exclusive breastfeeding as the best feeding choice for all children from birth until six months. In order to assist you in meeting your breastfeeding goals and to provide you with the information and resources you need to continue breastfeeding successfully after discharge, our staff has put in place a plan to help meet your needs. By modeling the ten steps listed below, it is our desire to assist you in meeting all of your breastfeeding goals.

1. Staff that is caring for you and your baby are guided by a policy created to promote exclusive breastfeeding.
2. Our staff are trained to assist you in meeting all of your breastfeeding goals.
3. We will share with you the benefits and help you in the management of breastfeeding.
4. Our staff will assist you with breastfeeding within the first hour of your baby's birth.
5. We will show you how to breastfeed and how to maintain your breastfeeding relationship even if you are separated from your baby.
6. Unless medically necessary, we will give your baby no food or drink other than breast milk.
7. You and your infant will be allowed to remain together 24 hours per day.
8. We will encourage you to breastfeed on demand.
9. Your baby will be given no artificial nipples (bottles or pacifiers).
10. When you are discharged, you will be given information on where to get help and support with breastfeeding your new baby.