

Appendix 1. Ten steps to successful breastfeeding

- Step 1a.** Comply fully with the International Code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.
- Step 1b.** Have a written infant feeding policy that is routinely communicated to staff and parents.
- Step 1c.** Establish ongoing monitoring and data-management systems.
- Step 2.** Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.
- Step 3.** Discuss the importance and management of breastfeeding with pregnant women and their families.
- Step 4.** Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
- Step 5.** Support mothers to initiate and maintain breastfeeding and manage common difficulties.
- Step 6.** Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.
- Step 7.** Enable mothers and their infants to remain together and to practise rooming-in 24 hours a day.
- Step 8.** Support mothers to recognize and respond to their infants' cues for feeding.
- Step 9.** Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.
- Step 10.** Coordinate discharge so that parents and their infants have timely access to ongoing support and care.

Source: World Health Organization. Ten steps to successful breastfeeding:

<https://www.who.int/teams/nutrition-and-food-safety/food-and-nutrition-actions-in-health-systems/ten-steps-to-successful-breastfeeding>
and Nasjonal kompetansetjeneste for amming (12).
