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**Check out CDC guidelines for baby-friendly hospitals:** [**http://www.cdc.gov/media/releases/2011/p1013\_babyfriendly\_hospitals.html**](http://www.cdc.gov/media/releases/2011/p1013_babyfriendly_hospitals.html)

**World Health Organization’s Ten Steps To Successful Breastfeeding.

The BFHI promotes, protects, and supports breastfeeding through The Ten Steps to Successful Breastfeeding for Hospitals, as outlined by UNICEF/WHO. The steps for the United States are:**

|  |  |
| --- | --- |
| 1 -  | Have a written breastfeeding policy that is routinely communicated to all health care staff. |
| 2 -  | Train all health care staff in skills necessary to implement this policy. |
| 3 -  | Inform all pregnant women about the benefits and management of breastfeeding. |
| 4 -  | Help mothers initiate breastfeeding within one hour of birth. |
| 5 -  | Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants. |
| 6 -  | Give newborn infants no food or drink other than breastmilk, unless *medically* indicated. |
| 7 -  | Practice “rooming in”-- allow mothers and infants to remain together 24 hours a day. |
| 8 -  | Encourage breastfeeding on demand. |
| 9 -  | Give no pacifiers or artificial nipples to breastfeeding infants. |
| 10 -  | Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic. |