BFHC 1. Introduction to Breastfeeding-Friendly Healthcare: “Ten Steps to Successful Breastfeeding”, Steps 1 to 5

Core Competencies:

* Articulate best practices for advancing toward the Ten Steps to Successful Breastfeeding in your healthcare setting
* Understand the policies and procedures for healthcare settings seeking the Baby-Friendly Hospital Initiative (BFHI) designation

Learning Objectives:

* Describe maternity center policies that contribute to successful breastfeeding
* Explain the benefits of implementing best practices in mother infant care in the maternity center setting
* Identify perceived barriers to implementation of the Ten Steps to Successful Breastfeeding
* Discuss the evidence behind the Ten Steps to Successful Breastfeeding

Time: 30-minute equivalent

Content Outline:

1. Breastfeeding Friendly Healthcare
2. Baby-Friendly Hospital Initiative: A Little History
3. Baby-Friendly Health Care Initiative: Facilitating Breastfeeding
4. Baby-Friendly Hospital Initiative: What are The Ten Steps?
5. Step 1: Have a written breastfeeding policy that is routinely communicated to all healthcare staff.
6. Step 2: Train all healthcare staff in skills necessary to implement this policy.
7. More About Step 2
8. Step 3: Inform all pregnant women about the benefits and management of breastfeeding.
9. Case study #1 – Prenatal Breastfeeding Information
10. Step 4: Help mothers initiate breastfeeding within one hour of birth.
11. Skin-to-skin to Promote Breastfeeding
12. Case study #2 – Changes in the Delivery Room
13. Step 5: Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
14. Infant Feeding: Assessment and Assistance
15. Case study #3 – When Mother and Infant are Separated for Medical Reasons