

Breastfeeding...

Amazing, isn't it?

Breastfeeding provides numerous health benefits to both mom and baby. Spartanburg Regional Healthcare System implemented these 10 steps to make sure we give you the support you need to get off to a great start.

1. Have a written breastfeeding policy that is routinely communicated to all healthcare staff and parents
2. Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding
3. Discuss the importance and management of breastfeeding with pregnant women and their families
4. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth
5. Support mothers to initiate and maintain breastfeeding and manage common difficulties
6. Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated
7. Enable mothers and their infants to remain together and to practice rooming-in 24 hours a day
8. Support mothers to recognize and respond to their infants' cues for feeding
9. Counsel mothers on the use and risks of feeding bottles, artificial nipples (teats) and pacifiers
10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care

The Ten Steps to Successful Breastfeeding form the basis of the Baby-Friendly Hospital Initiative, a worldwide breastfeeding quality improvement project created by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

Baby-Friendly hospitals and birth centers also uphold the International Code of Marketing of Breast-milk Substitutes by offering parents support, education and educational materials that promote the use of human milk rather than other infant food or drinks, and by refusing to accept or distribute free or subsidized supplies of breast milk substitutes, nipples and other feeding devices.