

We are committed to implementing the

10 steps

for a baby-friendly hospital

- 1) **The hospital has a written breastfeeding policy that is routinely communicated to all healthcare staff.**
- 2) **We train all healthcare staff in the skills necessary to implement this policy.**
- 3) **Our staff informs all pregnant women about the benefits and management of breastfeeding.**
- 4) **Our staff assists mothers to initiate breastfeeding within an hour of birth.**
- 5) **We show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.**
- 6) **Hospital staff will give newborn infants no food or drink other than breast milk unless medically indicated.**
- 7) **This hospital practices rooming-in by allowing mothers and infants to remain together 24 hours a day.**
- 8) **We encourage breastfeeding on demand based on an infant's feeding cues.**
- 9) **Our staff will give no pacifiers or artificial nipples to breastfeeding infants.**
- 10) **We foster the establishment of breastfeeding support groups and refer mothers to them upon discharge from the hospital.**

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 and the United Nations Children's Fund. Fort Belvoir Community Hospital upholds the WHO International Code of Marketing of Breast Milk Substitutes (formula) by offering education and educational materials that promote 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.



**Fort Belvoir
Community
Hospital**

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