Ten Steps to Successful Breastfeeding

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 an hour of birth.

5 -Show mothers how to breastfeed and how to maintain lactation, even if they should be separated from their infants.

6 -Give newborn infants no food or drink other than breast milk, unless medically indicated.

7 -Practice "rooming in" by allowing mothers and infants to remain together 24 hours a day.

8 -Encourage breastfeeding on demand.

9 -Give no artificial nipples, pacifiers, dummies, or soothers to breastfeeding infants.

10 -Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birthing center.

Human milk is meant for human babies

Links for Parents

American Academy of Pediatrics
A Woman's Guide to Breastfeeding
http://www.aap.org/family/brstguide/htm

American Association of Family Physicians
Tips for Breastfeeding Success
http://www.aafp.org/afp/20010915/991ph.html

Centers for Disease control & Prevention
Breastfeeding Support Within the Family and Community Setting
http://www.cdc.gov/breastfeeding/support-community.html

Centers for Disease control & Prevention
Breastfeeding Support Within the Workplace
http://www.cdc.gov/breastfeeding/support-workplace.html

La Leche League
Mother-to-Mother breastfeeding support
http://lalecheleague.org

BFHI USA
http://www.babyfriendlyusa.org/eng/index.html

USA MEDDAC Heidelberg

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Lactation Support Services
USA MEDDAC Heidelberg
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Breastfeeding Makes A Difference

Breastfeeding offers an unmatched beginning for our children.
Providing infants with human milk gives them the most complete nutrition possible. Human milk provides the optimal mix of nutrients and antibodies necessary for each baby to thrive. Scientific studies have shown us that breastfed children have fewer and less serious illnesses than those who never receive breast milk, including reduced risk of SIDS and less childhood cancer and diabetes. Research also shows that breastfed babies have higher IQs as well al better brain and nervous system development.

Cunningham, A. et al. *J Pediatr* 1991:118(5): 659-66.

Lucas, A. et al. *Lancet* 1992; 33:261-62.

Mothers who choose to breastfeed are healthier.
Recent studies show that women who breastfeed enjoy decreased risks of breast and ovarian cancer, anemia, and osteoporosis. They are empowered by their ability to provide complete nourishment for their babies. Both mother and baby enjoy the emotional benefits of the very special and close relationship formed through breastfeeding.

Enger et al. *Br J Cancer* 1997; 76(1): 118-23

Families who breastfeed save money.
In addition to the fact that breast milk is free, breastfeeding provides savings on health care costs and related time lost to care for sick children. Because breastfeeding saves money, fathers feel less financial pressure and take pride in knowing they are able to give their babies the very best.

Tuttle, C.R. et al. *J Am Diet Assoc* 1996; 96(9):885-90.

Breastfeeding Makes a Difference

Communities reap the benefits of breastfed babies.

Research shows that there is less absenteeism from work among breastfeeding families. Resources used to feed those in need can be stretched further when mothers choose to give their babies the gift of their own milk rather than a costly artificial substitute. Families who breastfeed have more money available to purchase goods and services, thereby benefiting the local economy. Research also shows that breastfed babies have higher IQ scores, as well as better brain and nervous system development. When babies are breastfed, both mother and baby are healthier throughout their lives. This translates to lower health care costs and reduces the financial burden on families and third party payers, as well as on community and government medical programs.

Montgomery et al. *J Am Diet Assoc* 1997, 97(4):379-85.

The environment benefits when babies are breastfed.

Although we live in a polluted world, scientists agree that breast milk is still the very best way to nourish our babies, and may even protect babies from some of the effects of pollution. Breastfeeding uses none of the tin, paper, plastic, or energy necessary for preparing, packaging, and transporting artificial baby milks. Since there is no waste in breastfeeding, each breastfed baby cuts down on our pollution and garbage disposal problems. In addition, research shows that exclusive breastfeeding naturally spaces pregnancies.

Rogan, W.J. and Gladen, B.C. *Early Hum Dev.*1993; 31: 181-93

How long should you breastfeed?

The American Academy of Pediatrics published a statement declaring human milk to be the preferred food for all newborns. Human milk enhances a baby's health, growth, and development. The AAP recommends exclusive breastfeeding with no supplements for the first six months and advise that breastfeeding continue for a minimum of 12 months or as long as is mutually desired.

AAP Workgroup on Breastfeding, *Pediatrics* 1997, 100(6).

In Preparation To Breastfeed Your Baby

Before you deliver:

Gather the best information to help you decide the best way to fee your baby. Check off each item as you complete it.

- ☐ **Attend** a La Leche League meeting or a mother to mother support group.
- ☐ **Discover** the benefits of breastfeeding to mother, baby, family, workplace and the community.
- ☐ **Attend** the class (same title as the video) or view the video *Breastfeeding Why To*. You may wish to make an appointment with a Lactation Consultant.
- ☐ **Locate** the American Academy of Pediatrics Statement on Breastfeeding and the Use of Human Milk (1997).

http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;100/6/1035

- ☐ **Learn** about the basics of breastfeeding. Attend the class (same title as the video) or watch the video tape *Breastfeeding: How To.*
- ☐ **Learn** how to manually express breastmilk. Ask about a printed hand out on Manual Expression and Handling and Storage of Human milk from your health clinic or from the La Leche League.
- ☐ **Read** about the impact of pacifier use on breastfeeding.
- ☐ **Explore feelings.** Your feeling, your partner's feelings and those of family and friends.
- ☐ **Assess the facility** in which you will deliver for its breastfeeding support and assistance. Use the Ten Steps to Successful Breastfeeding.
- ☐ **Gather** support: from your spouse, family, friends and health care provider. needed information.

In Preparation To Breastfeed Your Baby

After you deliver:

- ☐ **Nurse early and often.** Offer baby your breast as soon as medically possible within an hour after birth.
- ☐ **Room in** with your baby.
- ☐ **Insure that all sucking is done at breast.** The length and frequency of feedings are determined by the baby. Give no rubber nipples or pacifiers.
- ☐ **Watch baby** for signs of hunger and satisfaction with feeding. **Don't** watch the clock.
- ☐ **Position** baby so nursing is comfortable and milk transfer is maximized.
- ☐ **Give newborn** no food or drink other than breast unless medically indicated.
- ☐ **Watch** baby's urine and stool output for assurance of milk supply.
- ☐ **Problems have solutions.** Seek help or answers to your questions. Contact New Parent Support in your community, your medical clinic, the Mother Baby Unit (06221-172584/2846) or the OB Clinic at Heidelberg MEDDAC (06221-1722484).

Babies were born To be Breastfed