The TEN STEPS to Successful Breastfeeding

1. **HOSPITAL POLICIES**
   - Not promoting infant formula, bottles or teats
   - Making breastfeeding care standard practice
   - Keeping track of support for breastfeeding

2. **STAFF COMPETENCY**
   - Training staff on supporting mothers to breastfeed
   - Assessing health workers’ knowledge and skills

3. **ANTENATAL CARE**
   - Discussing the importance of breastfeeding for babies and mothers
   - Preparing women in how to feed their baby

4. **CARE RIGHT AFTER BIRTH**
   - Encouraging skin-to-skin contact between mother and baby soon after birth
   - Helping mothers to put their baby to the breast right away

5. **SUPPORT MOTHERS WITH BREASTFEEDING**
   - Checking attachment and sucking
   - Giving practical breastfeeding support
   - Helping mothers with common breastfeeding problems

6. **SUPPLEMENTING**
   - Giving only breast milk unless there are medical reasons
   - Prioritizing donor human milk when a supplement is needed
   - Helping mothers who want to formula feed to do so safely

7. **ROOMING-IN**
   - Letting mothers and babies stay together day and night
   - Making sure that mothers of sick babies can stay near their baby

8. **RESPONSIVE FEEDING**
   - Helping mothers know when their baby is hungry
   - Not limiting breastfeeding times

9. **BOTTLES, TEATS AND PACIFIERS**
   - Counselling mothers on the use and risks of feeding bottles, teats, and pacifiers
   - Referring mothers to community resources for breastfeeding support

10. **DISCHARGE**
    - Working with communities to breastfeeding support services

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