



Hospital Breastfeeding/Infant-Feeding Policy Checklist

The ten High 5 for Mom & Baby practices are based on the WHO/UNICEF Ten Steps to Successful Breastfeeding—evidence-based practices proven to increase breastfeeding success and reduce racial and ethnic disparities.

Note: Hospital policy is not required to address every item on this checklist but should cover most of them.

Step 1: Facility will have a written maternity care and infant feeding policy addressing the High 5 for Mom & Baby practices supporting breastfeeding.

- Policy supports all 10 High 5 for Mom & Baby practices
- All staff responsible for maternity care review the policy and are familiar with its contents

Step 2: Facility will maintain staff competency in lactation support.

- All maternity care staff complete training in breastfeeding and lactation management (using Kansas Breastfeeding Education on the KS Train platform or similar/comparable staff education)
- All new staff complete lactation education within 6 months of hire

Step 3: All pregnant women will receive information and instruction on breastfeeding.

- All pregnant women are informed of basic breastfeeding management and care practices
- Facility supports breastfeeding employees by providing reasonable break time and a private, safe place to express milk close to their workplace

Step 4: Assure immediate and sustained skin-to-skin contact between mother and baby after birth.

- Babies are placed skin to skin immediately after vaginal delivery if medically stable
- Babies are placed skin to skin as soon as both mom and baby are medically stable after a C-section delivery
- Babies remain skin to skin until after the first feeding when breastfeeding is desired

Step 5: All families will receive individualized infant feeding counseling.

- Breastfeeding families receive individualized teaching on feeding cues, positioning and latch, and how to tell that baby is getting enough to eat
- Families that choose not to breastfeed receive appropriate education on formula preparation and feeding

Step 6: Give newborn infants no food or drink other than breastmilk unless medically indicated.

- Breastfeeding babies receive breastmilk only unless ordered due to medical necessity
- Any reasons for supplementation are clearly documented
- Breastfeeding mothers are taught hand expression



Step 7: Practice rooming in – allow mothers and infants to remain together 24 hours a day.

- Education on the benefits of rooming in provided to all families
- Babies room in with the mother, including at night and during routine care by hospital staff

Step 8: Families will be encouraged to feed their babies when the baby exhibits feeding cues, regardless of feeding methods.

- All families, regardless of feeding method, are taught to recognize hunger cues.
- Babies are fed 8 or more times in 24 hours, without restriction on feeding length or frequency.
- Mothers who are separated from their infants are educated on expressing their milk appropriately.

Step 9: Give no pacifiers or artificial nipples to breastfeeding infants.

- Breastfeeding babies are not offered pacifiers or artificial nipples
- Families are educated on milk production and encouraged to feed frequently

Step 10: Provide mothers options for breastfeeding support in the community (such as telephone number walk-in clinic information, support groups, etc.) upon discharge.

- Families are provided information regarding where to access help and support with breastfeeding following discharge from the hospital