



Facility will have a written maternity care and infant feeding policy that addresses all ten High 5 for Mom & Baby practices supporting breastfeeding.

- A.** Policy supports all 10 High 5 for Mom & Baby practices.
- B.** Policy prohibits the promotion of infant formula within the facility including, but not limited to, providing free samples, coupons or using teaching materials from formula manufacturers, for all families.
- C.** ALL staff responsible for maternity care, including but not limited to health care providers, dietary, housekeeping, photography, pharmacy, and radiology have reviewed the Maternity Care and Infant Feeding policies and are familiar with their content.
- D.** All policies from all departments in the facility support the Maternity Care and Infant Feeding policies.
- E.** A designated person is responsible for periodically reviewing maternity care and other department policy.

Policy should be inclusive of the ten steps to successful breastfeeding and should have explicit directions for how the policy is to be routinely communicated to all healthcare staff. Policy should be available so the staff caring for mothers and babies can refer to it.

All policy should be evidence-based, foster continuity of care and have clear objectives. A means for determining, by audit, whether the policy is being practiced is also important. The policy should be dated, with a review cycle stated within the policy. Policies are like the laws of the medical world - without them we would not have consistent or comprehensive care.

Policy is best developed by an interdisciplinary team of equals. Think of all the people who come in contact with the moms and babies in your hospital. Physicians, nurses, lactation consultants, dietary staff, housekeeping staff, even the photographer. Use a “workable” group size (usually between 5 and 12 members) representing all affected departments and disciplines and led by an amiable, respected coordinator. Consider including a reluctant or skeptical staff member as well, which may help you solve challenges before they come up.

The impetus behind the 10 steps is to facilitate informed decision making and support optimal outcomes by improving maternity care practices. Mothers who do not wish to breastfeed should be supported in learning how to formula feed safely, once staff has ascertained they have received education and counseling adequate to arrive at an informed decision. The High 5 practices should be offered to ALL families, as they represent evidence-based best practice maternity care.

PRACTICE 1



Why is policy important?

- A Policies & Procedures manual is required by accrediting, certifying, licensing, and regulatory bodies
- To provide consistency, both with the institution's mission, philosophy, and goals and within the department between employees
- To provide evidence-based, consistent care
- To provide a solid framework for decisions

A good policy will not lock you into rigid procedures or decision making. Rather, it will provide guidance for handling a wide range of organizational and programmatic issues and will establish a framework for both management and staff decision making.

Resources:

- Texas Department of State Health Services, Nutrition Services Section [Texas Ten Step Star Achiever Toolkit](#)
- New York State [Model Hospital Breastfeeding Policy](#)
- [Improving Hospital Breastfeeding Support Implementation Toolkit](#) from Kaiser Permanente
- Feldman-Winter L, Procaccini D, Merewood A. [A model infant feeding policy for Baby-Friendly designation in the USA](#). J Hum Lact. 2012 Aug;28(3):304-11. doi: 10.1177/0890334412440626. Epub 2012 Apr 26. PMID: 22538504.
- Massachusetts [Sample Breastfeeding Policy](#) text for 10 Steps to Successful Breastfeeding
- [Indiana Hospital Model Breastfeeding Policy](#). This comprehensive document outlines recommended policies intended to serve as a long-term guide that can be adapted over time to fit your hospital's needs.
- [Illinois Hospital Breastfeeding Toolkit](#)
- [Colorado Model Hospital Breastfeeding Policies: Self –Appraisal Questionnaire](#). This questionnaire will help your hospital determine the strengths and challenges of current hospital practices around breastfeeding support.
- Coalition of Oklahoma Breastfeeding Advocates (COBA), [Model Hospital Infant Feeding Policy](#)
- California Department of Health, [Providing Breastfeeding Support: Model Hospital Policy Recommendations](#).
- American Academy of Pediatrics, Section on Breastfeeding. [Sample Hospital Breastfeeding Policy for Newborns](#).
- Academy of Breastfeeding Medicine. [Clinical Protocol #7: Model Maternity Policy Supportive of Breastfeeding](#)

Remember above all: this is a process, a journey, and it will take time!