



All families will receive individualized infant feeding counseling

- A.** Breastfeeding families receive culturally sensitive instruction on feeding, including but not limited to hunger cues, satiety cues, positioning, and latch, and how to tell if baby is getting enough to eat. Parents' questions will be answered by trained staff.
- B.** Formula feeding families receive culturally sensitive verbal AND written instructions on proper formula preparation according to the Centers for Disease Control guidelines.

It is imperative that parents are comfortable with feeding their infant prior to dismissal.

Mom and baby should be assessed early for a correct latch, and ongoing education on hunger cues, positioning & latch and satiety cues should occur throughout her stay. Parents should also recognize the signs of milk removal and a good feeding. Formula feeding parents should also receive this education on hunger cues and satiety cues, in addition to written and verbal education about safe formula preparation.

Breastfeeding initiation, duration, and exclusivity – as well as overall satisfaction – increases if moms are provided quality support, instruction and anticipatory guidance during the postpartum period. Parental questions should be answered in a non-judgmental and supportive manner reflecting evidence-based practice.

Resources:

- Information on infant behavioral states from [Healthy Children](#)
- Handout from [Washington state WIC](#) on infant behavioral states
- Reverse Pressure softening animation from [Texas Ten Step](#)
- A video about [reverse pressure softening](#)
- [First Droplets](#) has seven 15-minute videos available for download on topics of interest in the first few days of breastfeeding. Available in English or Spanish.
- [Baby Behavior: Tools for Medical Professionals](#) includes videos for professionals and parents, plus handouts to teach parents about baby behavior.
- Information on how to tell if baby is getting enough can be found at [La Leche League](#) or [Kelly Mom](#)

PRACTICE 5



Resources continued

- Formula preparation information from the [Centers for Disease Control](#)
- How do I mix formula? In [English](#) or in [Spanish](#)
- High 5 for Mom & Baby [handout on safe formula feeding](#)

Reminder: Cronobacter, which can be present in powdered infant formula, can cause a rare but serious infection. In most cases, it is safe to mix powdered infant formula following manufacturer's instructions. For babies under three months old, born prematurely, or with weakened immune systems, extra precautions to protect against Cronobacter are recommended. Concentrated liquid formula or Ready to Feed formula may be a better choice in these situations. Parents should always check with their baby's health care provider.

More Resources:

- Good handouts for parents and staff may be found at [Carolina Global Breastfeeding Institute](#).
- [Breastmilk storage guidelines](#) from the Kansas Breastfeeding Coalition
- [Paced bottle feeding](#) by Jessica Barton
- [Paced bottle feeding](#) by IABLE
- The [Lactation Education Resources](#) website provides handouts for parents in six different languages, along with handouts for professionals. Several of the handouts give instructions on paced bottle feeding and include pictures.
- [Texas Ten Step Toolkit](#) from the Texas Department of State Health Services, Nutrition Services Section
- From the Baby Friendly Hospital Initiative, ["Guidelines and Evaluation Criteria" Interim version](#), for hospitals having assessments through 12/31/22. Appendix D.