



# We're expanding!

Since 2012, High 5 for Mom & Baby has been helping Kansas hospitals and birth centers adopt five evidence-based maternity care practices, along with supporting policies, proven to help ensure breastfeeding success. The new High 5 for Mom & Baby Premier program builds on that success, expanding to ten practices to ensure the best possible breastfeeding experience for mom and baby.

## Ten Hospital Practices for Successful Breastfeeding

Hospitals following at least five practices earn High 5 for Mom & Baby recognition.

Those which follow all ten practices earn the High 5 for Mom & Baby Premier recognition.

- 1 Facility will have a written maternity care and infant feeding policy addressing the High 5 for Mom & Baby practices supporting breastfeeding
- 2 Facility will maintain staff competency in lactation support
- 3 All pregnant women will receive information and instruction on breastfeeding
- 4 Assure immediate and sustained skin-to-skin contact between mother and baby after birth
- 5 All families will receive individualized infant feeding counseling
- 6 Give newborn infants no food or drink other than breastmilk unless medically indicated
- 7 Practice "rooming in" - allow mothers and infants to remain together 24 hours a day
- 8 Families will be encouraged to feed their babies when the baby exhibits feeding cues, regardless of feeding methods
- 9 Give no pacifiers or artificial nipples to breastfeeding infants
- 10 Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge



High 5 for Mom & Baby facilities complete at least **5/10 PRACTICES**



High 5 for Mom & Baby Premier facilities complete **ALL 10 PRACTICES**

### For more information contact

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