

# Making The Connection

Breastfeeding makes a big impact on the health of Kansans. That's why High 5 for Mom & Baby is connecting hospitals and delivery centers to policies and practices that improve breastfeeding outcomes. We do this so Kansas mothers, babies, and the population-at-large can live happier, healthier lives.

## Why Breastfeeding?

If 90% of Kansas babies breastfed exclusively for six months, Kansas would save...

**\$ 27 million**  
per year in medical costs

**22** maternal deaths

**7** infant deaths

# Ready to apply?

Visit [www.High5Kansas.org](http://www.High5Kansas.org) for an application.

## Contact

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High 5 for Mom & Baby is supported by



Hutchinson, Kansas  
620-662-8586 | 1-800-369-7191

[HealthFund.org](http://HealthFund.org)



# Hospital Care That Supports Breastfeeding



# 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.

## Best Practices for Breastfeeding Success

Kansas hospitals and birth centers play a crucial role in supporting breastfeeding initiation and in helping mothers continue to successfully breastfeed after leaving the facility.

Through participation in High 5 for Mom & Baby, Kansas hospitals and birthing centers can demonstrate their commitment to infant and maternal health by supporting breastfeeding success.

For a complete list of participating organizations, visit [High5Kansas.org](https://www.High5Kansas.org)

- 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**