



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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