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HERITAGE VALLEY
HEALTH SYSTEM

Heritage Valley Health System supports the World Health Organization/UNICEF “Ten Steps to Successful Breastfeeding” published in a joint statement entitled: “Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services”

Ten Steps to Successful Breastfeeding

1. Have a written breastfeeding policy that is communicated to all Maternal Child Health staff.
2. Train all Maternal Child Health staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. Allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Provide breastfeeding support groups and refer mothers to them on discharge.

The Ten Steps to Successful Breastfeeding form the basis of the Pennsylvania Keystone 10 Initiative, a statewide breastfeeding quality improvement project created by the Department of Health and designed to engage Pennsylvania hospitals and birth centers with the ultimate goal of increasing breastfeeding initiation and duration rates.