

# Hospital Guidelines for Successful Breastfeeding



**fernandez**

Built for Birthing



# Hospital Guidelines for Successful Breastfeeding

- Skin-to-skin and early initiation of breastfeeding to be done within 1-hour after birth. (If unable to do so for any medical reason, please document that).
- How to promote early initiation at birth?
  - Keep mother and baby together after birth.
  - Place baby on mother's chest for at least an hour.
  - Initiate breastfeeding when baby shows readiness to suckle.
  - Delay medical routines for at least an hour or perform by keeping the mother and baby together.
- Show mother how to breastfeed and how to maintain lactation (offer practical support) even if the baby is separated due to a medical indication.
- No prelacteal feeds to be given.
- Unless medically indicated, no food or drink should be given to newborn babies. (Staff to document if supplementation has been given and reason for supplementation to be mentioned).
- Prioritize donor milk when supplementation is needed.
- If the mother wishes to give formula to her baby, help the mother do so safely. (To ensure that the mother has information on benefits of breast milk vs formula milk).
- Every healthcare professional working with mothers and babies should know the acceptable medical reasons for using milk substitutes. (Please refer to the breastfeeding manual).
- Avoid separation of mothers and babies unless medically indicated. (Rooming-in to be practiced).
- Encourage breastfeeding on-demand (Responsive feeding). No restrictions on the length and frequency of feeds.
- No artificial teats or pacifiers (also called dummies or soothers) to be given to breastfeeding infants.
- Alternatives to artificial teats – Feeding cup/Feeding spoon/ Palada/ finger feeding/ tube feeding at breast.



# Remember Breast is The Best!



## **During Antenatal Period:**

- A. All mothers should receive information on the benefits and management of breastfeeding.

## **Immediately After Birth:**

- A. Build mother's self-confidence.
- B. Immediate skin-to-skin contact.
- C. Early initiation of breastfeeding, no pre-lacteal feeds.
- D. Provide support with positioning and latching the baby at the breast.

## **In the Postnatal Ward:**

- A. Build mother's confidence.
- B. Exclusive breastfeeding, no supplements.
- C. 24-hrs rooming-in to be practised.
- D. No use of teats, pacifiers, feeding bottles, etc.
- E. Provide support with positioning and latching the baby at the breast.
- F. Provide information on feeding cues.
- G. Provide information on hand expression of breast milk.

### **In the NICU**

- A. Build mother's confidence.
- B. KMC
- C. Help mother with initiation of breastfeeding.
- D. Provide support with positioning and latching the baby at the breast.
- E. Regular expression if baby cannot be put to the mother's breast. (Teach mother hand expression of breast milk).

### **At Discharge:**

In addition to all of the above, every mother should have information on:

- Breastfeeding Helpline number
- Out-patient breastfeeding clinic
- Mum's circle (Postpartum support group for new mothers)



## **Every Professional working with Mothers and Babies must know:**

1. The importance of breastfeeding.
2. Risks of artificial feeding.
3. Mechanisms of lactation and suckling.
4. Benefits of rooming-in.
5. How to help mothers initiate (within 1 hour after birth) and sustain breastfeeding.
6. How to assess a breastfeed.
7. Managing breastfeeding difficulties.
8. Hand expression of breast milk and feeding cues.

(\*For all the above points, please refer to the breastfeeding manual).

### **Ensure Every Antenatal Mother Knows:**

1. The importance of breastfeeding.
2. The importance of immediate and sustained skin-to-skin.
3. Early initiation of breastfeeding within 1 hour after birth.



4. Importance of rooming-in.
5. Importance of exclusive breastfeeding.
6. Hunger cues
7. Information to know if the baby is getting enough milk.
8. Risks of artificial feeding, use of bottles and pacifiers (teats, nipples, soothers, etc).

**Ensure Every Postnatal Mother Knows:**

1. Breast care and massage.
2. Latching and positioning at breast.
3. Different breastfeeding positions.
4. Hand expression of breast milk and feeding expressed breast milk with cup/palada or spoon.
5. Hunger cues.
6. Monitoring baby's output.
7. How to overcome common breastfeeding problems (sore nipples, breast engorgement, etc).

# Breastfeeding is A Mother's Gift to Herself, Her Baby and The Earth.

Pamela K. Wiggins



We trust you find this information useful.  
In case you have any more questions about  
breastfeeding, please consult our Lactation  
counselors. Call 040-40632411 or 8374004848.