The TEN STEPS to Successful Breastfeeding

1. HOSPITAL POLICIES
   - Hospitals support mothers to breastfeed by:
     - Not promoting infant formula, bottles or teats
     - Making breastfeeding care standard practice
     - Keeping track of support for breastfeeding

2. STAFF COMPETENCY
   - Hospitals support mothers to breastfeed by:
     - Training staff on supporting mothers to breastfeed
     - Assessing health workers' knowledge and skills

3. ANTENATAL CARE
   - Hospitals support mothers to breastfeed by:
     - Discussing the importance of breastfeeding for babies and mothers
     - Preparing women in how to feed their baby

4. CARE RIGHT AFTER BIRTH
   - Hospitals support mothers to breastfeed by:
     - Encouraging exclusive breastfeeding
     - Helping mothers put their baby to the breast right away

5. SUPPORT MOTHERS WITH BREASTFEEDING
   - Hospitals support mothers to breastfeed by:
     - Checking attachment and sucking
     - Giving practical breastfeeding support
     - Helping mothers with common breastfeeding problems

6. SUPPLEMENTING
   - Hospitals support mothers to breastfeed by:
     - Giving only breast milk unless there are medical reasons
     - Prioritizing donor milk when a supplement is needed
     - Helping mothers who want to formula feed to do so safely

7. ROOMING-IN
   - Hospitals support mothers to breastfeed by:
     - Letting mothers and babies stay together day and night
     - Making sure that mothers of sick babies can stay near their baby

8. RESPONSIVE FEEDING
   - Hospitals support mothers to breastfeed by:
     - Helping mothers know when their baby is hungry
     - Not limiting breastfeeding times

9. BOTTLES, TEATS AND PACIFIERS
   - Hospitals support mothers to breastfeed by:
     - Counseling mothers on the use and risks of feeding bottles, teats and pacifiers

10. DISCHARGE
    - Hospitals support mothers to breastfeed by:
      - Referring mothers to other resources for breastfeeding support
      - Working with communities to breastfeeding support services