



Our Pledge to Breastfeeding Families

St. Joseph's Healthcare invites you to walk through the 10 steps to successful breastfeeding. We have put the following steps in place with the guidance of the World Health Organization to help ensure the breastfeeding of your infant is a success.

STEP 1

BREASTFEEDING POLICY –

We have a breastfeeding policy that all staff in the Newborn Family Center follows. Our pledge is to protect, promote and support breastfeeding and respect the decision of each mother.

STEP 2

STAFF EDUCATION –

Our staff caring for you before, during and after the birth of your baby has special education in breastfeeding. This education is based on the latest research and experience.

STEP 3

TALK ABOUT BREASTFEEDING –

All families having babies will talk with their care providers about breastfeeding. We will give all of the information you need to make a good decision for you and your baby.

STEP 4

START BREASTFEEDING –

We help each mother get breastfeeding off to a good start by skin-to-skin contact between mother and baby right after birth. Skin-to-skin contact helps mothers and babies start breastfeeding.

STEP 5

LEARN TO BREASTFEED –

We will teach you how to position and latch your baby to breastfeed. You will learn what to do so you and your baby can breastfeed successfully.

STEP 6

FEED BREASTMILK ONLY –

Your baby needs only your breastmilk. This is the normal and safest way to feed your baby and maintain your milk supply.

STEP 7

ROOM-IN WITH YOUR BABY –

To help you care for your baby we encourage you to keep your baby with you at all times (day and night).

STEP 8

FEED ON DEMAND –

Having your baby with you at all times helps you learn baby's hunger signs or "feeding cues". Breastfeeding your baby for as long and as often as your baby needs helps you produce a good milk supply and gives your baby comfort.

STEP 9

GIVE NO SOOTHERS OR BOTTLES WITH NIPPLES –

Soothers and bottles with nipples are not used in the early weeks of breastfeeding because they may cause problems with breastfeeding and with your milk supply.

STEP 10

COMMUNITY SUPPORT –

Before you leave the hospital, we will make sure you know about and have the phone numbers for any breastfeeding support programs and groups in your community. Connecting with other breastfeeding women can also make your breastfeeding experience more enjoyable and rewarding. We encourage you to attend our daily breastfeeding support group during your hospital stay.