



TEN STEPS TO SUCCESSFUL BREASTFEEDING

EVERY FACILITY PROVIDING MATERNITY SERVICES AND CARE FOR NEWBORN INFANTS SHOULD:

1

- a. Comply fully with the International Code of Marketing of Breast-milk Substitutes, relevant World Health Assembly resolutions, and the National Regulations of the Marketing of Infant and Young Children Foods and Other Designated Products in Nigeria.
- b. Have a written infant feeding policy that is routinely communicated to staff and clients.
- c. Establish ongoing monitoring and data-management systems.

2

Ensure that staff members have sufficient knowledge, competence, and skills to support breastfeeding.

3

Discuss the importance and management of breastfeeding with pregnant women and their families.

4

Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding immediately after clamping of the cord (within an hour of birth).

5

Support mothers to initiate and maintain breastfeeding and manage common difficulties.

6

Do not provide breastfed newborns any food or fluids other than breastmilk, unless medically indicated.

7

Enable mothers and their infants to remain together and to practice rooming-in and bedding-in 24 hours a day.

8

Support mothers to recognize and respond to their infants' cues for feeding and ensure the baby is fed on demand.

9

Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.

10

Coordinate discharge so that parents and their infants have timely access to facility and community support and care.



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