

**Table 1 The Ten Steps to Successful Breastfeeding (Every facility providing maternity services and care for newborn infants) (5)**

**Critical management procedures**

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| Step 1 | a. Comply fully with the International Code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.<br>b. Have a written infant feeding policy that is routinely communicated to staff and parents.<br>c. Establish ongoing monitoring and data-management systems. |
| Step 2 | Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.  |

**Key clinical practices**

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| Step 3  | Discuss the importance and management of breastfeeding with pregnant women and their families.   |
| Step 4  | Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth. |
| Step 5  | Support mothers to initiate and maintain breastfeeding and manage common difficulties.   |
| Step 6  | Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.                                   |
| Step 7  | Enable mothers and their infants to remain together and to practise rooming-in 24 hours a day.   |
| Step 8  | Support mothers to recognize and respond to their infants' cues for feeding.   |
| Step 9  | Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.  |
| Step 10 | Coordinate discharge so that parents and their infants have timely access to ongoing support and care.                                     |