

# Texas Ten Step Program

COMMITTED TO THE HEALTH OF TEXAS MOTHERS AND BABIES

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## 10 STEPS

### WHO/UNICEF's Ten Steps to Successful Breastfeeding

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. \*Place infants in skin-to-skin contact with their mothers immediately following birth for at least an hour and encourage mothers to recognize when their infants are ready to breastfeed, offering help if needed.
5. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. \*Practice rooming-in: allow mothers and infants to remain together 24 hours a day.
8. \*Encourage feeding on cue.
9. Give no artificial nipples or pacifiers to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups, and refer mothers to them on discharge from the hospital or birth center.

\*This step applies to all infants, regardless of feeding method.

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For more information, call the Texas Ten Step Program Coordinator at 512-341-4592 or visit [www.TexasTenStep.org](http://www.TexasTenStep.org)



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