



The 10 Steps to Successful Breast/Chestfeeding

Our pledge is to protect, promote and support breast/chestfeeding and respect the infant-feeding decision of all families through these **ten steps**:

1 Our infant feeding policy

We support families to breast/chestfeed by:

- Not promoting infant formula, bottles or teats
- Making breast/chestfeeding care standard practice
- Keeping track of support for breastfeeding



2 Staff competency

We support families to breast/chestfeed by:

- Training staff to support caregivers to breast/chestfeed using trauma informed, culturally safe approaches
- Assessing health workers' knowledge and skills



3 Prenatal care

We support families to breast/chestfeed by:

- Discussing the importance of breast/chestfeeding with caregivers during prenatal care
- Helping caregivers learn how to safely feed their baby



"I think we really have to promote...that breastfeeding is really important and that young mothers have to learn...I really think when it comes to training or giving information to young mothers...the Elders should be there to talk with them."

SHUHTAOT'INE/DEHOGAO'TINE GRANDMOTHER

4 Care during and after birth

We support families to breast/chestfeed by:

- Facilitating practices that support early initiation of breast/chestfeeding
- Encouraging skin-to-skin contact between caregiver and baby soon after birth

"When they are born, you put them on your chest like this so they can hear the heartbeat so they can sleep better"

SHUHTAOT'INE / DEHAGOA'TINE GRANDMOTHER



5 Support caregivers to safely feed their babies

We support families to breast/chestfeed by:

- Checking positioning, attachment, and sucking
- Giving practical breast/chestfeeding support
- Helping caregivers with common breast/chestfeeding problems



6 Exclusive breast/chestfeeding

We support families to breast/chestfeed by:

- Giving only human milk unless there are medical reasons
- Helping caregivers who want or need to formula feed to do so safely



7 Caregivers and babies stay together

We support families to breast/chestfeed by:

- Helping caregivers and babies to stay together day and night
- Making sure that caregivers of sick babies can stay with their baby
- Encourage caregivers to hold their babies skin-to-skin, especially during painful procedures

8 Responsive feeding

We support families to breast/chestfeed by:

- Helping caregivers know when their baby is hungry
- Encouraging unrestricted access to the breast/chest



9 Bottles and soothers

We support families to breast/chestfeed by:

- Discussing with caregivers the use and effects of bottles and soothers

10 Community support

We support families to breast/chestfeed by:

- Ensuring timely follow up with community-based health services
- Referring caregivers to community resources for infant feeding support
- Working with communities to improve breast/chestfeeding support services

"When they're pregnant right until the babies are fully functionally on the breast, they need support. You know like from the community health representative...from their friends, other women."

FORT SMITH GRANDMOTHER

