



# 10 Steps to Successful Breastfeeding

For further information and support, please don't hesitate to speak with a member of our maternity team located in **Rotamah Ward** or by calling **5150 3455**

A copy of our breastfeeding policy can be requested from any of our staff or accessed on our website at [www.brhs.com.au](http://www.brhs.com.au) (search 'breastfeeding policy')

## 1 We have a breastfeeding policy



BRHS supports mothers to breastfeed by not promoting infant formula, bottles or teats; making breastfeeding care standard practice; and keeping track of support for breastfeeding.

## 2 Staff receive breastfeeding training



All our staff receive breastfeeding training in accordance with the Baby Friendly Initiative guidelines.

## 3 Breastfeeding education during pregnancy



Learning how and why to breastfeed during your pregnancy will help you successfully breastfeed after birth.

## 4 "Skin to skin" contact immediately after birth



We will immediately place your baby on your chest after birth to assist in establishing instinctive breastfeeding behaviours.

## 5 We will help you start and maintain breastfeeding



We will show you how to start and continue breastfeeding your baby.

## 6 Breast milk is all babies need



Breast milk is all babies need. Introducing other food or milk may affect your ability to breastfeed successfully.

## 7 Keep mothers and babies together



While you are in hospital you can stay with your baby 24 hours a day to help you learn what your baby needs.

## 8 Baby-led breastfeeding



Feeding your baby when they are hungry means they get the right amount they need.

## 9 No teats or dummies for breastfeeding babies



Introducing teats and dummies can affect your baby's ability to successfully establish breastfeeding.

## 10 Breastfeeding support following discharge



Ask your midwife about who can support you to continue breastfeeding once you go home.

