



The Ten Steps to Successful Breastfeeding

Critical management procedures

- Step 1a* Comply fully with the International Code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.
- Step 1b* Have a written breastfeeding policy that is routinely communicated to staff and parents.
- Step 1c* Establish ongoing monitoring and data-management systems.

Key clinical practices

- Step 2* Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.
- 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 and any opportunity thereafter.

- Step 5* Support mothers to initiate and maintain breastfeeding and manage common difficulties, even when baby is unable to be with mother.
- Step 6* Avoid giving breastfed newborns any food or fluids other than breast milk, unless clinically 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 recognise and respond to their infants' cues for feeding.
- Step 9* Discuss with mothers the use and risks of using feeding bottles, teats and pacifiers.
- Step 10* Coordinate discharge so that parents/whānau and their infants have timely access to on-going support and care.

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Ko ngā Ritenga Tekau e Pai ai Te Whāngote

Ngā Ritenga Whakahaere Taketake

Hipanga 1a Me tautuku ki te katoa o te Whakaritenga ā-Ao mō te Hoko i ngā Whakakapi Waiū, me ngā whakatau o te Huihuinga Hauora o Te Ao e hāngai ana.

Hipanga 1b Me whakarite tētahi kaupapa here whāngai kōhungahunga e kōrero pūpututia ana ki ngā kaimahi me ngā mātua.

Hipanga 1c Me whakarite pūnaha aroturuki, whakahaere-raraunga mutunga kore.

Ngā Ritenga Mahi Taurima Hira

Hipanga 2 Me āta whakarite kua whai mōhiotanga, kua matatau, kua whai pūkenga tika ngā kaimahi hei tautoko i te whāngote.

Hipanga 3 Me matapaki te hira me te nui o te whakahaere i te whāngote ki ngā wāhine hapū me ō rātou whānau.

Hipanga 4 Me whakangāwari te pā ā-kiri inamata a te whaea ki tana piripoho i muri tonu atu i te whānautanga, i ngā wā katoa hoki e taea ai i muri atu.

Hipanga 5 Me tautoko ngā whaea kia tūmataria, kia haere tonu hoki te whāngote, me te whakamāmā i ngā uauatanga e tūpono nuitia ana, ahakoa kāore te kōhungahunga e āhei te noho tahi me tana whaea.

Hipanga 6 Me mutu te hoatu i ngā kai i ngā inu rānei ehara i te waiū ki te kōhungahunga, hāunga anō ngā wā e tika ana mō te ora.

Hipanga 7 Me whakapakari ngā whaea me ā rātou piripoho kia noho ngātahi, kia noho anō hoki i te rūma kotahi 24 hāora i te rā.

Hipanga 8 Me tautoko ngā whaea kia rongo rātou kia urupare hoki ki ngā tangi a ā rātou kōhungahunga mō te kai.

Hipanga 9 Me whakawhiti kōrero ki ngā whaea mō te whakamahinga me ngā mōrea o te whakamahi i ngā pātara whāngai, i ngā kōmata me ngā ngotengote whakamutu tangi.

Hipanga 10 Me whakahāngai i ngā tāngata e tika ana mō te rā puta i te wāhi whakawhānau kia wātea katoa ngā tautoko me ngā taurimatanga e tika ana mā ngā mātua me ā rātou kōhungahunga.