

**Initiative for the Humanization of Birth and Nursing support.
Institutional policy on breastfeeding, est. on 15/09/2011**



10 STEPS TOWARDS A HAPPY NATURAL BREASTFEEDING OMS/UNICEF

-  **1. Written rules about breastfeeding known by the health service staff**
-  **2. Training all health professional in breastfeeding**
-  **3. Informing all pregnant women about the benefits of the breastfeeding and how to put in practice**
-  **4. Helping all mothers to start the breastfeeding just half an hour after the birth and ease the mother-baby skin to skin contact from the beginning.**
-  **5. Supporting mothers to meet and keep an effective breastfeeding, although they have to be apart from their babies.**
-  **6. All newly born who are breastfed only need breast milk, avoid to feed them with other foods or drinks and only under medical supervision**
-  **7. Promoting combined accommodation mother-baby 24 hours per day.**
-  **8. Fomenting the breastfeeding with no frequency or time limits in the sucking.**
-  **9. It is not recommended the use of teats or pacifiers in newly born who are breastfed until the nursing is set.**
-  **10. Boosting the creation of supporting groups for the breastfeeding and provide information to the mothers in order to contact with them**

Breastfeeding is promoted and protected by THIS HOSPITAL, ensuring the proper use of breast milk substitutes in case of a need, on the basis of a right decision.

Rule RD867/2008, May 23rd is plenty fulfilled in this hospital, specific technical healthcare regulation related to the food substitutes for breastfed babies.

Providing a friendly support during the delivery, respecting the mother decisions.
Support is also given to mothers who do not nurse through an informed decision