

NEW YORK STATE DEPARTMENT OF HEALTH

BEST PRACTICES FOR BREASTFEEDING

Breastfeeding Promotion Guidelines for Hospitals

1. Visible support for breastfeeding, e.g. culturally appropriate posters and artwork.
2. Encourage breastfeeding on demand.
3. Encourage breastfeeding both day and night.
4. Written policy allowing 24-hour rooming-in.
5. No routine orders for anti-lactation drugs.
6. No water, glucose, water, or formula given to breastfed babies except in special circumstances.
7. No formula company materials – pamphlets, videos, pens, mugs, other “gifts” and no formula discharge packs given to mothers of breastfed babies.
8. No contracts with formula companies requiring the hospital to provide mothers with formula and/or formula company “gifts”.
9. No pacifiers used with breastfed babies.
10. Designated Lactation Coordinator in place, preferable IBCLC.
11. First breastfeeding in delivery or recovery room.
12. No test bottle given.
13. Breastfeeding assessment on care plan.
14. Breastfeeding assessed and documented on every shift.
15. Additional information on breastfeeding given to all breastfeeding mothers while in hospital.
16. No timing of breastfeeding sessions.
17. All breastfeeding women taught: position and latch-on, strategies to promote successful breastfeeding, signs nursing is going well, common concerns, and other topics.
18. Breastmilk/breastfeeding encouraged and supported in NICU.
19. Hospital has good source of breastfeeding information for mothers (not formula company literature or videos).
20. Breastfeeding instruction sheet provided at time of discharge.
21. Support provided to breastfeeding infants and mothers hospitalized after initial delivery stay, e.g. infant visitation, pump loan, lactation consultant visit.
22. Breast pumps and breaks, and breastfeeding advice/consultation provided for breastfeeding staff.
23. Mothers supported at discharge with at least two follow-up services (e.g. lactation clinic, peer counselors, phone consultation, referral to La Leche group).
24. Arrange for breastfeeding home visit and/or telephone contact with all breastfeeding mothers – provided by staff or peer counselor soon after discharge from hospital.