



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.
- 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.

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 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.





Ko ngā ritenga tēkau e pai ai te whāngai ū

Ngā Ritenga Whakahaere Matua

- Hipanga 1a* Me tautuku ki te katoa o ngā Whakaritenga a Ao mo te hoko i ngā paura miraka waiū, me ngā whakatau o te Huihuinga Hauora o Te Ao e hāngai ana.
- Hipanga 1b* Me whakarite tētahi kaupapa here whāngai ū, kia honohono te kōrero atu ki ngā kaimahi me ngā mātua.
- Hipanga 1c* Me whakarite he pūnaha aromatawai me te raraunga rorohiko

Ngā Ritenga Mahi

- Hipanga 2* Me whai pūkenga, me te mōhioanga ngā kaimahi hei tautoko i te whāngai ū.
- Hipanga 3* Me kōrero tahi ki ngā wahine hapū me ō rātou whānau, mō te whāngai ū. Kia mārama ai ngā ahuatanga o te tautoko kia pai ai te whāngai ū
- Hipanga 4* Kia tōtika te piringā o te pēpi ki te kiri ō te māmā i muri tonu i te whānaunga mai. Me tautoko ngā whaea kia timata te whāngai ū i muri tonu i te whānaunga mai o pēpi, ā, ngā wā kā taea i muri mai ano hoki
- Hipanga 5* Me tautoko i ngā māmā kia timata te whāngai ū, ā, kia haere tonu hoki ahakoa kihai te pēpi kei tōna taha, ina pā mai ngā momo raruraru rānei
- Hipanga 6* Kaua e hoatu i ngā kai, i ngā inu ranei ehara i te waiū, ki te pēpi, haunga ano ngā wā e tika ana mō te ora.
- Hipanga 7* Me whakapakari ngā whaea me a rātou pēpi kia noho ngātahi, kia noho ano hoki i te ruma kotahi 24 haora i te rā.
- Hipanga 8* Me tautoko ngā whaea kia rongo rātou kia mōhio hoki ki ngā momo tangi aa rātou pēpi mō te kai.
- Hipanga 9* Me whakawhitiwhiti kōrero ki ngā whaea mo ngā whakatūpato mō te whakamahi i ngā pātara whāngai, i ngā komata me ngā ngotengote whakamutu tangi.
- Hipanga 10* Me whakaritea ngā tāngata e tika ana kia tautokohia ngā mātua me tewhānau i te wā e puta ai i te wāhi whakawhānau

