

At a Baby-Friendly health facility, a mother can expect to be ...

- 1** Told during pregnancy about the importance of breast-feeding and instructed how to breastfeed.
- 2** Helped and supported to breastfeed by knowledgeable staff.
- 3** Told of the importance of skin to skin contact and breastfeeding within the first hour after her baby is born.
- 4** Shown how to keep up her milk supply, should she and her baby be separated.
- 5** Shown or given information about how to express her milk.
- 6** Encouraged and helped to breastfeed without the use of any other foods or liquids for the baby.
- 7** Told of the benefits of the baby receiving only mother's milk (no other foods or drink unless advised by a health professional).
- 8** Told of the benefits of keeping her baby with her at all times in the hospital (except for separation for medical procedures).
- 9** Encouraged to breastfeed whenever her baby wants to.
- 10** Told how to contact a breast-feeding mothers' support group or other sources of support.
- 11** Able to see a written breast-feeding policy, which reflects the WHO/ UNICEF Ten Steps, posted at the health centre in a language she can understand.
- 12** Guaranteed that no artificial teats, pacifiers, soothers, or nipple shields are used or promoted as they may interfere with suckling.
- 13** Guaranteed that the health facility accepts no free or subsidized supplies of formula, bottles, teats, or pacifiers from the makers of these products.

What Can a Mother Expect?