



Government of the Republic of Trinidad and Tobago  
Ministry of Health

# The TEN STEPS to Successful Breastfeeding

## 2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...

Training staff on supporting mothers to breastfeed

Assessing health workers' knowledge and skills



## 3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...

Discussing the importance of breastfeeding for babies and mothers

Preparing women on how to feed their babies



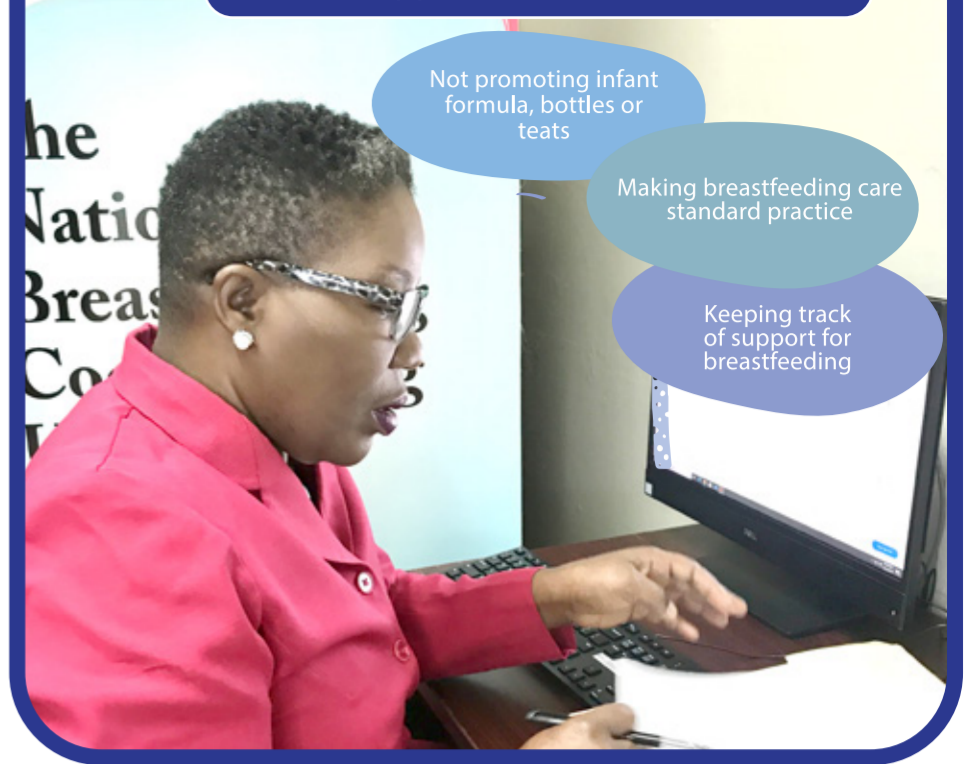
## 1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...

Not promoting infant formula, bottles or teats

Making breastfeeding care standard practice

Keeping track of support for breastfeeding



## 4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...

Encouraging skin-to-skin contact between mother and baby soon after birth

Helping mothers to put their babies to the breast right away



## 5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...

Checking positioning, attachment and suckling

Giving practical breastfeeding support

Helping mothers with common breastfeeding problems



## 6 SUPPLEMENTING

Hospitals support mothers to breastfeed by...

Giving only breast milk unless there are medical reasons

Prioritising donor human milk when a supplement is needed

Helping mothers who want to formula feed to do so safely



## 7 ROOMING-IN

Hospitals support mothers to breastfeed by...

Making sure that mothers of sick babies can stay near them

Letting mothers and babies stay together day and night



## 8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...

Helping mothers know when their babies are hungry

Not limiting breastfeeding times



## 9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...

Counselling mothers on the use and risks of feeding bottles, teats, and pacifiers



## 10 DISCHARGE

Hospitals support mothers to breastfeed by...

Referring mothers to community resources for breastfeeding support

Working with communities to improve breastfeeding support services



World Health Organization



PAHO

