10 Steps to Baby Friendly Care
Dear Family,

Truman Medical Center Hospital Hill is committed to wellness for our patients and community. We believe wellness begins at birth and have adopted the Baby Friendly Steps. What this means is that all families receive the very best care to support you and your family during this very special time.

We are committed to encouraging breastfeeding as the ideal method for feeding and nurturing babies. The Baby Friendly Steps promote, protect, and support breastfeeding through *The Ten Steps to Successful Breastfeeding for Hospitals*.

All families, regardless of how they choose to feed their newborn, will benefit from this remarkable quality of care. We will assist you during the birth process and teach you how to care for your new addition. This is your birth experience and we are excited to be part of this moment in your life. Thank you for choosing to deliver with us.

We can’t wait to see you!

Truman Medical Center Hospital Hill
The Birthplace
10 Steps to Baby Friendly Care

1. We have a written policy that supports breastfeeding and is regularly shared with our health care team

2. We train all staff working with you in skills needed to use this policy

3. We tell all pregnant women about the benefits and management of breastfeeding

4. We will place your baby skin-to-skin after delivery and help you start breastfeeding within one hour of birth

5. We will show you how to breastfeed and how to express your milk if you are ever apart from your baby

6. We will not give your baby any food or drink other than breast milk, unless medically needed

7. We practice ‘rooming in’ allowing you and your baby to stay together during your entire hospital stay

8. We encourage breastfeeding ‘on-demand’

9. We will not give pacifiers or bottle nipples to your breastfeeding baby

10. We invite you to come to our breastfeeding support meetings and will continue to encourage you on your breastfeeding journey
We have a written policy that supports breastfeeding and is regularly shared with our health care team. We train all staff working with you in skills needed to use this policy.
All of our staff working with women and newborns at TMC have had special training to support your breastfeeding goals. We also have a policy that instructs our staff how to give you consistent care and information. If you need any assistance with breastfeeding or have a question, please ask!

Lactation Services 816-404-0474
Step 3

We tell all pregnant women about the benefits and management of breastfeeding.
Breastfeeding is Good For Babies

• Breastfeeding helps to keep babies healthy.
• Breastmilk contains antibodies, growth factors, enzymes, and hormones that:
  - fight off infections during infancy
  - provide protection against many diseases (less obesity, diabetes)
  - promote healthy infant development
• Babies who are breastfed have lower rates of pneumonia, ear infections, and SIDS.
• At six months, baby foods are started. Breastfeeding continues through at least the first year.
• Breastmilk is beneficial and protective beyond the first year as well.

Breastfeeding is Good For Moms

• Women who breastfeed have less breast and ovarian cancer, diabetes, osteoporosis, rheumatoid arthritis, and heart disease.
• Breastfeeding helps women bond with their babies and lessens the chance of postpartum depression.
• Women who have breastfed often return to their pre-pregnant weight more quickly.

Breastfeeding is Good For Families

• Breastfeeding is convenient. The milk is always ready and warm. With breastfeeding there is nothing to buy, mix, or prepare for feeding.
• Formula costs more that $1700 per year.
• Breastfeeding is free.
• Breastfeeding is comforting for babies.
• Formula is harder for your baby to digest because it is made from non-human sources such as cows milk or soy.
• Breastfed babies are rarely constipated, so they are less fussy.
• Breastfeeding is better, for everyone.
Step 4

We will place your baby skin-to-skin after delivery and help you start breastfeeding within one hour of birth.
What is skin-to-skin?
• Skin-to-skin means your baby is placed un-clothed onto your chest, against your skin, and covered under a blanket or your clothing.
• This happens right after birth, as soon as you are ready. The sooner the better for you and your baby.
• Regardless of how you plan to feed your baby, all babies love to snuggle skin-to-skin. So do this as much as possible, especially while breastfeeding.

What does skin-to-skin do?
• Helps keep baby warm
• Baby has better oxygen and blood sugar levels
• Causes your uterus to shrink back to its pre-pregnancy size
• Helps baby feel calm and comforted by you
• Provides the best opportunity to get breastfeeding started

How does skin-to-skin help with breastfeeding?
• Baby is already near the breast, this makes latching easier
• Baby can smell colostrum (the first milk) at birth
• When left undisturbed while skin-to-skin, baby may actually crawl and latch to your breast unassisted
• Baby breastfeeds better overall
Step 5

We will show you how to breastfeed and how to express your milk if you are ever apart from your baby.
Getting Started
• Feed early and often to make plenty of milk!
• Feeding early (in the first hour after birth) and feeding often (8-12 times in 24 hours) helps your body make just the right amount of milk.
• Colostrum, the first milk, is available at birth. This milk is packed with calories. About a teaspoon is all your baby needs at each feeding in the first few days.
• Your nurses in the hospital can help you and your baby learn to latch.
• Babies sometimes cluster feed, feeding every hour for a few hours in a row, and then sleeping for several hours.
• If we are watching your baby closely in our Neonatal Intensive Care Unit (NICU), your nurse can show you how to hand express your breastmilk for your baby. Your nurse can also show you how to use an electric breastpump if needed. When apart from your baby, you should begin expessing your breastmilk as soon as possible after delivery and at least 8 times per day.

The First Few Weeks
• You will have more milk by days 3-5. Breasts will quickly become heavier and firmer. These are signs that your milk supply is growing.
• This is the time to feed your baby frequently. Let the baby finish feeding on the first breast before offering the other breast.
• Your body knows how much milk to make by how often your baby feeds. If you give your baby something other than your breast your body does not think there is a hungry baby to feed and will slow down milk production.
• If you are worried you do not ‘have enough milk’, feed your baby more and longer to increase your milk supply. It’s really that simple!

The First Month & Beyond
• Your milk volume continues to increase over 6-7 weeks in response to your baby’s frequent feedings.
• Continuing to breastfeed often and at night builds the milk supply.
• Babies may nurse more on some days than on others.
Step 6

We will not give your baby food or drink other than breastmilk, unless medically needed.
Your First Milk is Called Colostrum

• Colostrum is the first milk that baby gets at birth. This milk is very rich in protein and protective antibodies.
• The amount of colostrum matches the baby’s tiny stomach, so it will not be overfilled. Milk volume increases gradually at first, allowing time for baby’s stomach to expand comfortably.
• The first day, baby’s stomach is the size of a small marble and can hold about a teaspoon full. The small amounts available at birth are also easier for baby to handle while learning to coordinate breathing with sucking and swallowing.

Why Only Breastmilk?

• Starting other foods or fluids too early can cause problems for breastfeeding and for your baby’s health.
• Babies need no other food or fluid, including water. Your breastmilk is water with nutrition in it.
• Feeding only breastmilk maximizes the protection against disease and infections.
• Wait until 6 months to start baby foods. Plan to continue breastfeeding through the first year.
• Breastmilk offers many benefits beyond the first year as well.
• The American Academy of Pediatrics (AAP) praises human milk “as the preferred feeding for all infants.”
• The AAP recommends feeding your baby only breastmilk for the first 6 months. Once your baby is 6 months you can introduce solid foods and continue to breastfeed at least for the first year and as long as you choose.
Step 7

We practice ‘rooming-in’ allowing you and your baby to stay together during your entire hospital stay.
Plan To Keep Your Baby With You
• Your baby will stay with you in your room throughout your hospital stay. Staff will care for you and your baby in your room. This includes weighing, baths and medical checks.
• Staff will help you learn about infant care and feeding.
• Baby goes to the Neonatal Observation Unit (NOU) only when necessary for medical procedures (like circumcisions) or if close medical observation is needed.
• Your support person is welcome to stay overnight in your room too.

Benefits of Rooming-In
• Baby sleeps better and cries less. It is less stressful for the newborn baby when mother is near. Your room is also quieter than a nursery would be.
• Baby feeds more often which quickly increases your milk supply.
• You get to know and bond with your baby quickly.
• Maternity staff are there to help at any time during those first days and nights.
• Parents feel much more confident about baby care and breastfeeding before going home.
Step 8

We encourage breastfeeding ‘on-demand.’
What is Feeding On-Demand?
• Feeding on-demand simply means feeding whenever your baby shows signs of hunger.
• Hunger signs include: mouthing movements, rooting, and sucking on hands.
• Crying is a late sign of hunger.
• Feed baby whenever baby wants and for as long as baby wants. This is how you increase your milk supply very quickly.

Feeding On-Demand & Milk Supply
• Milk supply is determined by how often the baby nurses and empties the breasts.
• Frequent breastfeeding in the few weeks after birth assures a good milk supply for months to come.

What Are The Advantages of Feeding On-Demand?
• Babies feed well when starting soon after showing the first signs of hunger. Babies enjoy feeding more when they don’t have to cry to be fed.
• Feeding is comfort as well as nutrition. Newborns love constant closeness and feeding. They cannot be held ‘too much’ or be ‘spoiled.’
• Newly born infants need small frequent feedings in the first days of life. One to three teaspoons fills a newborn’s stomach.
• Babies have less jaundice when fed frequently.
• Feeding on-demand will naturally increase and decrease your milk supply to exactly what your baby needs.
Step 9

We will not give pacifiers or bottle nipples to your breastfeeding baby.
• Use of bottles or pacifiers in the first days can make it difficult to have a full milk supply later.

• Bottles may also interfere with baby learning how to latch well.

• Bottle feeding and breastfeeding are very different ways of feeding for your new baby. Let’s make it easy on your baby and teach them to breastfeed first.

• There are many ways to calm a new baby other than using a pacifier. Let us show you how to calm your baby so you have some good ideas when you go home.

• Plan on waiting to start bottles and pacifiers until baby is 3-4 weeks of age.

• Occasionally we need to supplement a baby for medical reasons. If this happens, we do our best to use your expressed breastmilk and feed your baby with a spoon or soft tipped syringe.
Step 10

We invite you to come to our breastfeeding support meetings and will continue to encourage you on your breastfeeding journey.
Getting help with breastfeeding at TMC is easy!

• You can take a Breastfeeding Basics class with us before your deliver.
• During your stay with us, nurses are available for breastfeeding assistance 24 hours per day, every day.
• Appointments with Lactation Consultants are available weekdays and are free of charge.
• You can leave a message with the Lactation Consultants day or night.
• After you deliver, we invite you to attend our Baby Café, a weekly Breastfeeding Support group. Our mission is to nurture and support all mothers in their decision to breastfeed. The Baby Café is a community resource to educate, guide, and encourage all moms while their baby is breastfeeding.

When visiting the Baby Café you can expect:

- a relaxed room with moms, babies, and led by TMC Lactation Consultants
- to get current information about breastfeeding
- to be helped with any breastfeeding challenges
- to weigh your baby
- mother to mother support
- to gain some new friends with moms just like you!

Call Lactation Services for class information, appointments, and questions!

816-404-0474
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