



TEN STEPS TO SUCCESSFUL BREASTFEEDING

Revised 2018

The revised “Ten Steps to Successful Breastfeeding (2018)”

Working towards a Baby Friendly Aotearoa, the New Zealand Breastfeeding Alliance is about to commence the process to update the New Zealand Baby Friendly Documents. The Documents will be aligned to the revised “Ten Steps to Successful Breastfeeding” and be used as part of the audit process from 2020.

Critical management procedures

- 1a. Comply fully with the International Code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.
- 1.b. Have a written infant feeding policy that is routinely communicated to staff and parents.
- 1.c. Establish ongoing monitoring and data-management systems.
2. Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.

Key clinical practices

3. Discuss the importance and management of breastfeeding with pregnant women and their families.
4. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
5. Support mothers to initiate and maintain breastfeeding and manage common difficulties.
6. Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.
7. Enable mothers and their infants to remain together and to practise rooming-in 24 hours a day.
8. Support mothers to recognise and respond to their infants’ cues for feeding.
9. Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.
10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care.

TEKAU NGA NEKEHANGA KI TE WHANGAI U

Tekau Ritenga e Pai ai Te Whāngote (I whakahōutia 2018)

Kua tahuri te Kotahitanga mō te Whāngote o Aotearoa ki te tīmata i te whakahoutanga i ngā Pukapuka Atawhai Pēpi o Aotearoa (New Zealand Baby Friendly Documents), hei wāhi o tana mahi kia atawhai katoa a Aotearoa ki te pēpi i ngā wāhi katoa. Ka whakahāngaitia ngā Pukapuka ki te “Tekau Ritenga e pai ai te Whāngote,” ā, ka whakamahia hei wāhi o te tukanga arotake, atu i te tau 2020.

Nga tikanga pono

- 1a. No te International Code of Marketing of Breast Substitutes me nga pononga o te World Health Assembly.
- 1b. Whakamahia he kaupapa here e whanau ana i te tamaiti e tuhia ana ki nga kaimahi me nga matua.
- 1c. Whakaritehia nga pūnaha whakahaere raraunga haere tonu.
2. Whakatuturu ai nga kaimahi nga mohiotanga, nga pukenga hoki ki te akiaki te wai U.



Nga haumanu pono

3. Te matapaki i te hiranga me te whakahaere o te wai U, ma nga wahine hapu me o ratau whanau.
4. Whakamahia te urupare-kiri-a-kiri-a-tinana me te awihina i nga mama ki te whanau i te whanau i te wa poto i muri i te whanautanga wai u.
5. Tautoko nga mama ki te whakauru me te pupuri i te whangai me te whakahaere i nga raruraru noa.
6. Ko te wai u, anake te kai ma pepi, e horekau ke he kai tuatu mo pepi, kaore i tohuhia.
7. I nga wa katoa, kia noho tahi nga mama me ou ratou pepi ki ou ratou ruma I nga wa katora.
8. Kia akiaki ai a mama ki te kite nga tohu matekai mo ou ratou pepi, a, kia wai u.
9. Ka tohutohu nga mama ma nga whakaritenga me nga raruraru o te kai-a-pounamu, nga tae me nga pacifiers.
10. Whakaritea te whakawhiti kia taea ai e nga matua me a raata tamariki te uru atu ki te tautoko tonu me te tiaki.