

## Summary of Oroville Hospital Breastfeeding Policy

Oroville Hospital's staff plays a key role in assisting with establishment of exclusive breastfeeding. The following is a summary of Oroville Hospital's Breastfeeding Policy based on the American Academy of Pediatrics Policy statement: Breastfeeding and the Use of Human milk, (Pediatrics vol. 115 No. 2 February 2005).

- Healthy newborns will be placed skin to skin with mother immediately following birth.
- Staff will assure that breastfeeding begins as soon as possible after birth, usually within the first hour.
- Weighing, measuring, bathing, Vitamin K injections and eye medication will be delayed until the first feeding is completed if possible and may be done while infant is with the mother.
- Rooming in will be encouraged when appropriate.
- All staff will encourage mothers to give only breast milk and avoid any supplementation. A mother requesting supplementation (for reasons other than medical) will be provided with education regarding the health risks of supplementation. Information about the risks of supplementation will be provided by a handout on supplementation and verbal review of the information.
- Unless a mother requests supplementation, no supplemental water, glucose water, or formula will be given unless specifically ordered by a physician and parental notification is documented.
- Pacifiers will be discouraged (unless mother requests), during the initiation of breastfeeding.
- Formal evaluation of breastfeeding, including observation of position, latch and milk transfer will be undertaken by trained caregivers at least once a shift.
- Consistent, evidence based teaching according to breastfeeding guidelines will be given to every breastfeeding mother to facilitate successful breastfeeding.
- Staff will encourage mothers to feed infant whenever the infant shows early signs of hunger. Non demanding infants should be aroused and offered the breast frequently, (8 to 12 feedings in 24 hours).
- Discharge teaching will be provided following "Discharge Teaching Guidelines".
- All mothers who are having problems with breastfeeding or are at risk for problems will be referred to the lactation center for breast feeding follow up, or to a private lactation consultant.
- All breastfeeding mothers will be given a list of follow up resources in Butte County and encouraged to attend local support groups
- Mothers who are separated from their sick infants will be:
  - a. Instructed on how to use skilled hand expression or the double set up electric breast pump. Encouraged to breastfeed on demand as soon as the infant's condition permits
  - b. Taught proper storage and labeling of human milk using "Handling and storage of human milk in Hospitalized Infants".
  - c. Assisted in learning skilled hand expression or obtaining a double set up electric breast pump prior to going home.

\*\*\*\* A copy of the entire Breastfeeding Policy may be viewed in the Small Miracles Department on request.