Staff

T-Shirt

Buttons

Lanyard with Badge Reel

Empowering Mothers and Nurturing Babies
# Quality Improvement Teams

**Gifford Medical Center** is charting our quality improvements in supporting exclusive breastfeeding. Every step counts.

**Northeastern Vermont Regional Hospital** is charting our quality improvements in supporting exclusive breastfeeding. Every step counts.

## 10 STEPS to Empower Mothers & Nurture Babies

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<tr>
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<tr>
<td><strong>1.</strong></td>
<td>Have a written breastfeeding policy that is routinely communicated to all health care staff.</td>
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<td><strong>2.</strong></td>
<td>Train all health care staff in skills necessary to implement this policy.</td>
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<td><strong>3.</strong></td>
<td>Inform all pregnant women about the benefits and management of breastfeeding.</td>
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<td><strong>4.</strong></td>
<td>Help mothers initiate breastfeeding within 1 hour of birth.</td>
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<td><strong>5.</strong></td>
<td>Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.</td>
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<td><strong>6.</strong></td>
<td>Give newborn infants no food or drink other than breast milk, unless medically indicated.</td>
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<td><strong>7.</strong></td>
<td>Practice rooming-in. Allow mothers and infants to remain together 20 hours a day.</td>
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<td><strong>8.</strong></td>
<td>Encourage breastfeeding on demand.</td>
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<td><strong>9.</strong></td>
<td>Give no pacifiers or artificial nipples to breastfeeding infants.</td>
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<td><strong>10.</strong></td>
<td>Foster the establishment of breastfeeding support groups and refer mothers to them on discharge.</td>
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**Supporting Exclusive Breastfeeding in Vermont**

[Vermont Department of Health](https://www.doh.vt.gov/) | [VCHIP](https://www.vchip.org/) | [American Academy of Pediatrics](https://www.aap.org/) | [Vermont Academy of Family Physicians](https://www.vafa.org/)
Ask us about breastfeeding.

We’re improving our quality of care for breastfeeding, because success begins here.

(10 Steps to Empower Mothers and Nurture Babies) Supporting Exclusive Breastfeeding in Vermont

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(not shown) Newspaper Display Ads
Caring can mean not visiting right now.

Your love and support mean the world to Mom and Baby. Show them you care by giving them lots of time. You can support them in other ways:

- Prepare meals
- Transport other kids
- Do light housework
- Go grocery shopping

Poster
8.5" x 14"

Door Hangers
4" x 9"