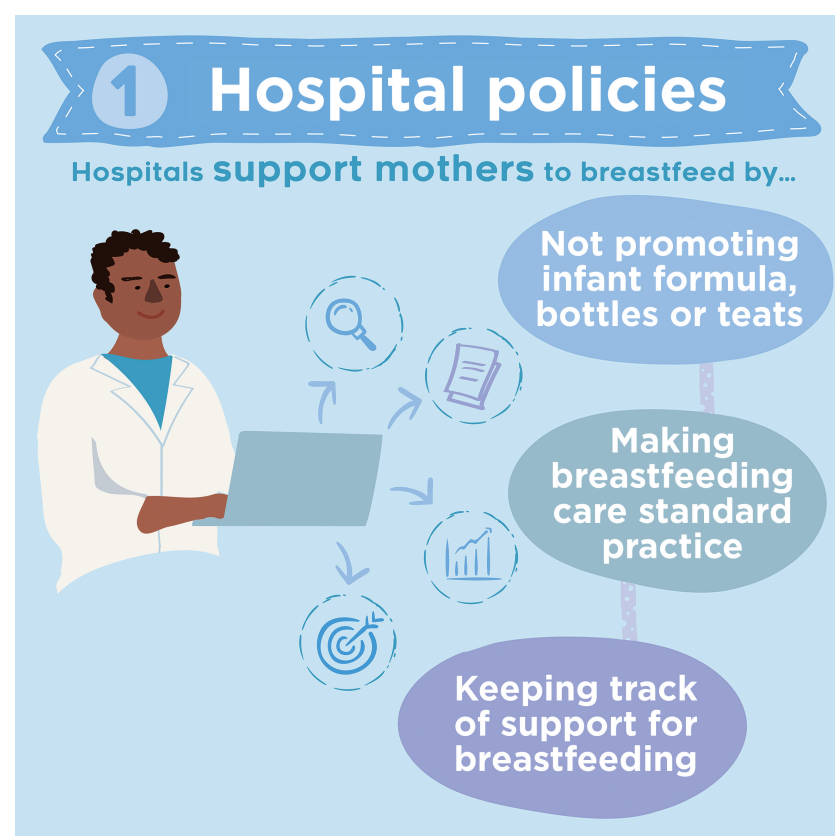


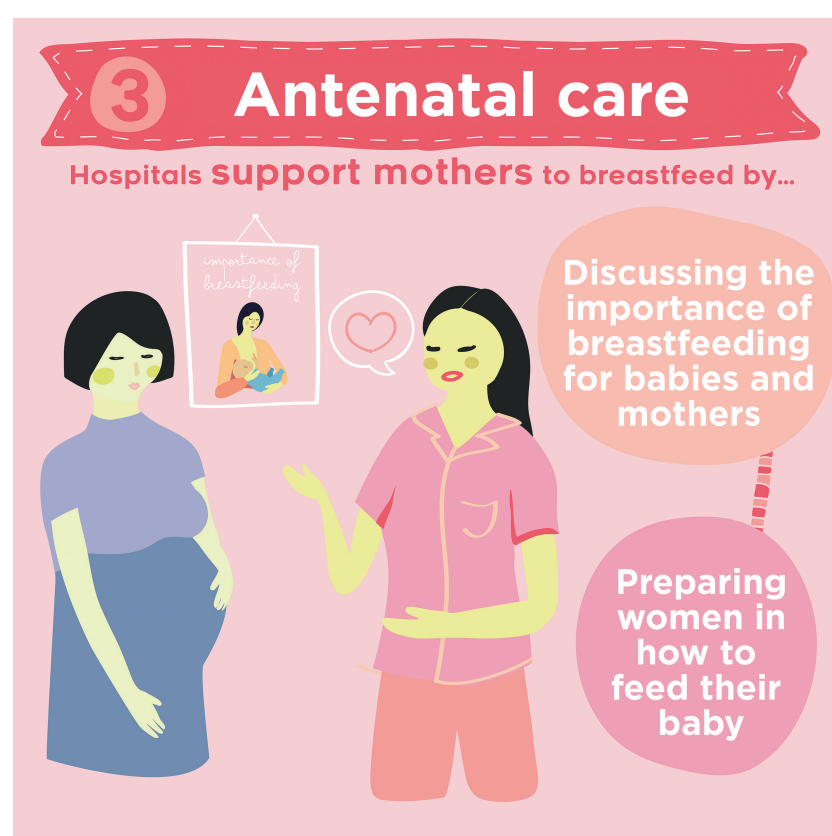
# The TEN STEPS to Successful Breastfeeding\*



Hospital policies help make sure that all mother and babies receive best care, and support staff who wish to continue breastfeeding on return to work.



Well trained health workers provide the best support for breastfeeding.



Most women are able to breastfeed with the right support.



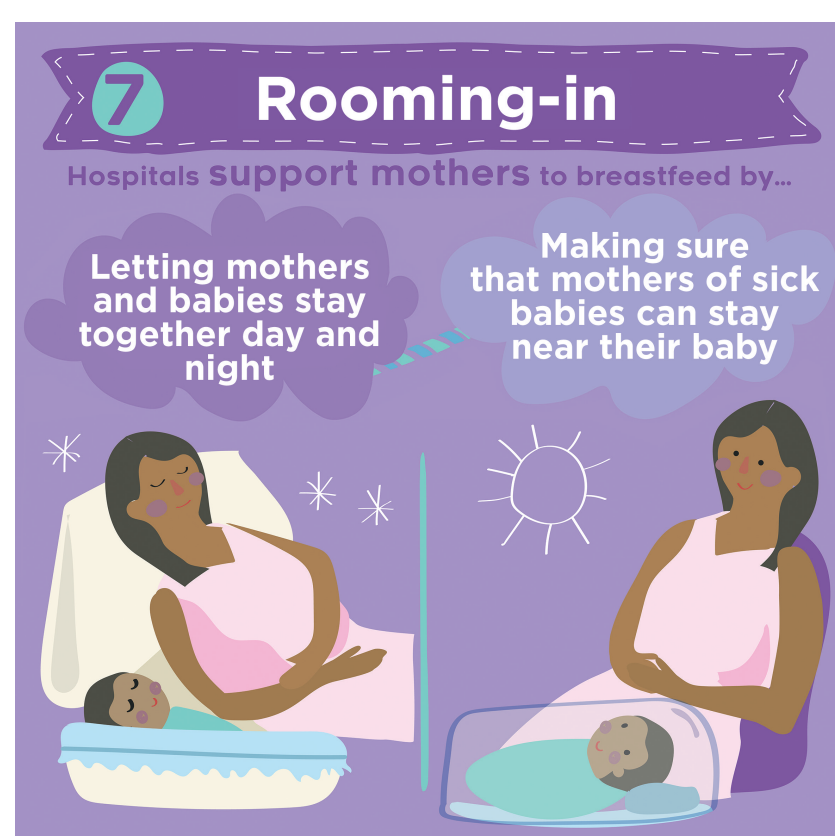
Immediate, unhurried and uninterrupted skin to skin contact after birth helps breastfeeding get started.



Breastfeeding is natural, but many mothers need help at first.



Giving formula to a breastfed baby without an indication makes it harder to get breastfeeding established.



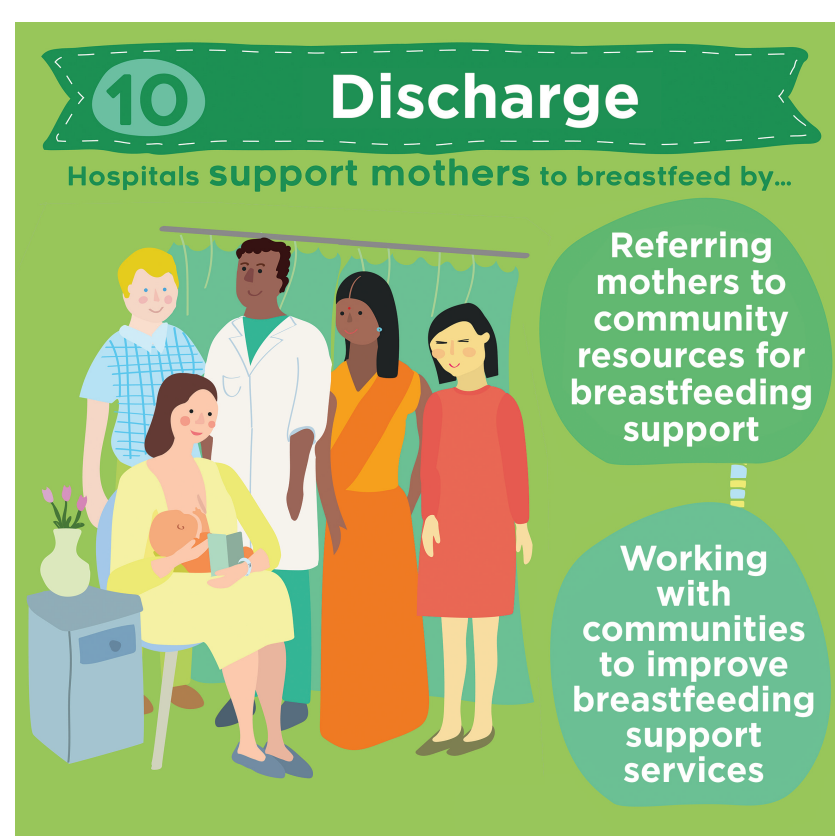
Mothers need to be near their babies to recognise and respond to feeding cues.



Feeding babies (breast/bottle) whenever they are ready helps everybody.



It is important that everything that goes in the baby's mouth needs to be clean.



Learning to breastfeed takes time. More information on breastfeeding support is available on [www.mychild.ie](http://www.mychild.ie)