

Comparison of California Model Hospital Policy Recommendations¹ and the Baby Friendly Hospital Initiative-USA²

Baby Friendly Hospital Initiative-USA >	California Model Hospital Policy Recommendations v	1. Maintain a written breastfeeding policy that is routinely communicated to all health care staff	2. Train all health care staff in the skills necessary to implement this policy	3. Inform all pregnant women about the benefits and management of breastfeeding	4. Help mothers initiate breastfeeding within one hour of birth	5. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants	6. Give infants no food and drink other than breastmilk unless medically indicated	7. Practice "rooming-in" - allow mothers and infants to remain together 24 hours a day.	8. Encourage unrestricted breastfeeding	9. Give no pacifiers or artificial nipples to breastfeeding infants.	10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.
1. Hospitals should promote and support breastfeeding (Interdisciplinary group, develop policies and evaluation, staff should have standardized education, support employees who breastfeed)	X	X									
2. Nurses, certified nurse midwives, physicians and other health professionals with expertise regarding the benefits and management of breastfeeding should educate pregnant and postpartum women when the opportunity for education exists, for example, during prenatal classes, in clinical settings, and at discharge teaching.		X	X								
3. The hospital will encourage medical staff to perform a breast exam on all pregnant women and provide anticipatory guidance for conditions that could affect breastfeeding. Breastfeeding mothers will have an assessment of the breast prior to discharge and will receive anticipatory guidance regarding conditions that might affect breastfeeding.				X		X					
4 Hospital prenatal staff should support the mother's choice to breastfeed and encourage exclusive breastfeeding for the first 6 months.	X	X	X			X	X				
5. Nurses, certified nurse midwives, and physicians should encourage new mothers to hold their newborns skin to skin during the first two hours following birth and as much as possible thereafter, unless contraindicated.					BFHI-US = 1 hour CA MHP = 2 hours			X			
6. Mothers and infants should be assessed for effective breastfeeding. Mothers should be offered instruction in breastfeeding as indicated.						X		X			
7. Artificial nipples and pacifiers should be discouraged for healthy, breastfeeding infants.									X		
8. Sterile water, glucose water, and artificial milk should not be given to a breastfeeding infant without the mother's informed consent and/or physician's specific order.							X				
9. Mothers and infants should be encouraged to remain together during the hospital stay.								X			
10. At discharge, mothers should be given information regarding community resources for breastfeeding support.											X
		"Colorado 5" Best Practices Found to Increase Breastfeeding Duration									

1. www.cdph.ca.gov/programs/BreastFeeding/Documents/MO-05ModelHospitalPolicyRecommend.pdf
2. www.babyfriendlyusa.org/eng/10steps.html