

BABY FRIENDLY HOSPITAL POLICY STATEMENT

1. This hospital promotes exclusive breastfeeding practices as these are beneficial for both the child and the mother. Breast-milk is the best food available and is species specific (human milk for human babies) to suit the child's needs. Exclusive breastfeeding prevents malnutrition and infections and is essential for the healthy growth of the child. Exclusive breastfeeding has the potential of saving many lives.
2. All women attending antenatal clinics will be informed about the benefits and management of breastfeeding so that no child is denied the advantages of exclusive breastfeeding due to lack of information by the mother.
3. Newborns will be put to the breast in the labour room within half-an-hour of delivery. Newborns delivered by caesarean section will be put to the breast within 4 to 6 hours as soon as the condition of the mother stabilizes. Case sheets will record the time the child was put to the breast after delivery and the reasons for the delay, if breastfeeding was delayed.
4. Newborns will be kept with the mother at all times. Only the sick newborns will be admitted in special wards for such children. Mothers will be allowed in the ward for breastfeeding. The children will be fed expressed milk from the mother using sterile paladai, spoon and cup or tube if they are unable to suckle. The utensils used for feeding children will be sterilized by autoclaving or boiling.
5. No subsidized tinned milk substitutes will be permitted and no bottles or pacifiers will be allowed in the hospital.
6. The mothers will be encouraged to adopt any position they find comfortable. They will be taught the correct position of the baby on the breast, i.e. to put the nipple and the areola well into the baby's mouth for effective suckling.
7. The children will be fed on demand. This promotes more milk formation and prevents painful engorgement of the breasts.
8. Mothers will be specifically informed that no water is required in a breastfed child up to 4 to 6 months of age as breast-milk contains sufficient fluids to meet the child's needs. Water reduces the baby's breast-milk intake and can cause infections. Pre-lacteal feeds, such as honey and glucose-water, will be discouraged. Mothers will be advised to introduce semi-solids in the diet of the child between 4 to 6 months, in addition to breastfeeding. They will be advised to continue breastfeeding for as long as possible, well into the second year.
9. Relatives and friends will be encouraged to attend the briefing sessions on exclusive breastfeeding and newborn care so that the women have a support group. They will be encouraged to ask questions, clarify doubts on breastfeeding and encouraged to return to the hospital if they have any problems. The sister-in-charge of the post-natal ward will be responsible for ensuring that all mothers are

properly informed and are practising exclusive breastfeeding.

10. This hospital also promotes other baby and child friendly practices. All mothers will be advised about essential newborn care and immunization before discharge from the hospital. This hospital also practices the correct management of diarrhoea and pneumonia. Birth spacing facilities are available in the hospital.

Date

Medical Superintendent
..... Hospital

NOTICE BOARD

1. Copy for strict compliance. The breastfeeding policy of this hospital must be communicated to all medical and health personnel responsible for maternal and infant care.

- a. Head of the department of gynaecology and obstetrics
- b. Head of the department of paediatrics
- c. Nursing Supervisor

2. Copy for information to:

- a. State MCH Officer
- b. Deputy Commissioner (MCH), Department of Family Welfare, Ministry of Health and Family Welfare, Nirman Bhawan, New Delhi -110011.