

STEP 10: Foster the establishment of breastfeeding support and refer mothers to them on discharge from the facility.

Recommendations

Discuss plans with mothers, who are close to discharge, for how they will feed their babies after they return home.

Provide written discharge information for mothers that reviews:

- How and where to find help on feeding their infants if they have questions or need assistance when they return home. Provide mothers with information on how to contact:
 - Breastfeeding support groups
 - Peer counselors
 - Other community health services
- The importance of exclusive breastfeeding for ~ 6 months

Foster the establishment of and/or coordinate with mother support groups and other culturally specific community services to provide support to mothers on feeding their babies after discharge.

Develop a system of follow-up support for mothers after they are discharged especially if no adequate source of support is available for referral. Follow-up support may include:

- Early postnatal or lactation clinic check-ups
- Home visits
- Routine postpartum follow-up telephone calls
- Telephone help line

Refer mothers to the following follow-up supports in their community, as available, if help is needed with feeding after discharge home:

- Breastfeeding support groups (e.g., La Leche League)
- Community lactation clinics
- Home health services
- Peer counselors
- WIC
- Your facility's system of follow-up support (e.g., telephone help line, lactation clinic)

Encourage mothers to see a health care worker (e.g., pediatrician, family physician, or other health care provider) or skilled breastfeeding support person in the community soon after discharge who can assess breastfeeding and provide any needed support. This early follow-up should occur within 2-5 days after birth and again during the 2nd week.

Coordinate activities with the WIC program and other community services that offer peer support and/or counselors, as available.

NH's Ten Steps to Successful Breastfeeding: Step by (baby) Step



*Adapted from materials developed by the Baby-Friendly USA with their permission.
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