

STEP 5: Show mothers how to breastfeed and how to maintain lactation, even if they should be separated from their infants.

Recommendations
Ensure nursing staff offer all mothers further assistance with breastfeeding within three (and no more than six) hours of delivery.
Have mothers demonstrate to nursing staff how to correctly position and attach their babies at the breast without pain.
Show breastfeeding mothers how to hand express their milk using correct technique.
Give mothers information on hand expression and/or advise them of where they can get help should they need it.
Ensure staff members can describe the types of information and demonstrate the skills they provide both to mothers who are breastfeeding and those who are not, to assist them with successfully feeding their babies.
Provide special attention and support to mothers who have never breastfed or who have previously encountered problems with breastfeeding.
Educate breastfeeding mothers on basic breastfeeding management and practices prior to being discharged including: <ul style="list-style-type: none">• Importance of exclusive breastfeeding• How to maintain lactation for exclusive breastfeeding for ~ 6 months• Criteria to assess if baby is getting enough breastmilk• How to express, handle, and store breastmilk including manual expression• How to sustain lactation if separated from her infant or will not be exclusively breastfeeding after d/c
Educate breastfeeding mothers on how to maintain lactation in the event that they are separated from their babies.
Show mothers who have decided not to breastfeed how to safely prepare formula for feeding to their babies, and then ask mothers to prepare the feedings themselves.
Assist mothers who are separated from their babies for medical reasons to establish and maintain lactation by frequent expression of their breastmilk.

