

A Tool to Evaluate Your Facility's Policy & Practice on Showing Mothers How to Breastfeed and Maintain Lactation Even During Separation from their Infant

Evaluation Criteria	Yes	No	Suggestions for Improvement
Does nursing staff offer all mothers further assistance with breastfeeding within three (no later than six) hours of delivery?			
Are most breastfeeding mothers able to demonstrate how to correctly position and attach their babies at the breast without pain?			
Are breastfeeding mothers shown how to hand express their milk?			
Are breastfeeding mothers given information on hand expression and/or advised of where they can get help should they need it?			
Can staff members 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?			
Does a woman who has never breastfed or who has previously encountered problems with breastfeeding receive special attention and support from the staff of the health care facility?			
Are breastfeeding mothers educated on basic breastfeeding management and practices prior to being discharged?			
Are breastfeeding mothers educated on how to maintain lactation in the event that they are separated from their babies?			
Are mothers who have decided not to breastfeed shown individually how to prepare formula safely for feeding to their babies? Are mothers asked to prepare the feedings themselves after being shown how?			
Are mothers who are separated from their babies for medical reasons helped to establish and maintain lactation by frequent expression of their breastmilk?			