

NYS Ten Steps to a Breastfeeding, Chestfeeding, and Lactation Friendly Practice (NYS Ten Steps)

Create a Breastfeeding, Chestfeeding, and Lactation Friendly Office

1. Develop, put into practice, and maintain a written breastfeeding, chestfeeding, and lactation friendly office policy.
2. Train all staff to promote, support, and protect breastfeeding, chestfeeding, and lactation.
3. Stop routinely distributing infant human milk substitutes. Also, remove formula marketing materials and gift packs from your office.
4. Create a breastfeeding, chestfeeding, and lactation friendly office environment.

Encourage Breastfeeding, Chestfeeding, and Lactation

5. In the **preconception period** and **during pregnancy**, talk with your patients about the benefits of infant human milk feeding – especially exclusive breast/chestfeeding or feeding only human milk. Also, talk about initial management of breast/chestfeeding.
6. During the **postpartum** period, talk with your patients about the benefits of infant human milk feeding – especially exclusive breast/chestfeeding or feeding only human milk. Also, talk about initial management of breast/chestfeeding.
7. Encourage parents and families to feed infants **only** human milk for the first six months of an infant's life.
8. Teach lactating parents how to maintain their milk supply even when they are separated from their children.

Support Families

9. Create and promote collaborative working relationships with local breast/chestfeeding support networks and lactation care professionals. Connect your patients with these and other health and mental health resources as needed.
10. Give comprehensive breast/chestfeeding advice and assistance to expectant and new parents and their families.