



As a Baby-Friendly hospital, we have earned a respected designation that recognizes our full support of breastfeeding for the families in our community. In 2022, 27% of births in the US occurred in Baby Friendly hospitals. Having more Baby Friendly hospitals around the US led to increases in starting and continued breastfeeding.

Every mother has the right to bias free and evidence-based information, to help her decide how to feed her baby. Families will be supported and treated with respect for their infant feeding decision. To read more, go to [babyfriendlyusa.org](http://babyfriendlyusa.org)!

Breastmilk is the optimal form of nutrition according to the American Academy of Pediatrics (AAP). The AAP recommends exclusive breastfeeding for approximately 6 months after birth. Additionally, the AAP supports continued breastfeeding, along with appropriate solid foods introduced at about 6 months, as long as desired by mother and child for 2 years or beyond.

- ✓ Ear, gastrointestinal and respiratory infections
- ✓ Asthma, allergies, obesity, diabetes, leukemia and Sudden Infant Death Syndrome (SIDS)

- ✓ Breast and ovarian cancer
- ✓ Osteoporosis, rheumatoid arthritis and postpartum depression

As a Baby Friendly hospital, Loyola follows The Ten Steps to Successful Breastfeeding. We will support your breastfeeding journey from beginning to end!

## 10 Steps to Successful Breastfeeding

Loyola support mothers to breastfeed with...		Because...
Hospital policies	<ul style="list-style-type: none"> <li>✓ Not promoting infant formula, bottles or teats</li> <li>✓ Making breastfeeding care standard practice</li> </ul>	Hospital policies help make sure that all mothers and babies receive the best care
Training	<ul style="list-style-type: none"> <li>✓ Training staff on supporting mothers to breastfeed</li> <li>✓ Assessing health workers' knowledge and skills</li> </ul>	Well-trained health workers provide the best support for breastfeeding
Prenatal Care	<ul style="list-style-type: none"> <li>✓ Discussing the importance of breastfeeding and preparing women in how to feed their baby for babies and mothers</li> </ul>	Most women are able to breastfeed with the right support
Care right after birth	<ul style="list-style-type: none"> <li>✓ Encouraging skin-to-skin contact between mother and baby within 1 hour of birth</li> <li>✓ Helping mothers to put their baby to the breast right away</li> </ul>	Snuggling skin-to-skin helps breastfeeding get started
Support mothers with breastfeeding	<ul style="list-style-type: none"> <li>✓ Checking positioning, attachment and suckling</li> <li>✓ Giving realistic breastfeeding support</li> <li>✓ Helping mothers with common breastfeeding problems</li> </ul>	Breastfeeding is natural, but most mothers need help at first
Supplementing	<ul style="list-style-type: none"> <li>✓ Giving only breastmilk unless there are medical reasons</li> <li>✓ Helping mothers who want to formula feed to do so safely</li> </ul>	Giving babies formula in the hospital makes it hard to get breastfeeding going
Rooming-In	<ul style="list-style-type: none"> <li>✓ Letting mothers and babies stay together day and night</li> <li>✓ Making sure that mothers of sick babies can stay near their baby</li> </ul>	Mothers need to be near their babies to notice and respond to cues
Responsive feeding	<ul style="list-style-type: none"> <li>✓ Helping mothers know when their baby is hungry</li> <li>✓ Not limiting breastfeeding times</li> </ul>	Breastfeeding babies whenever they are ready help everybody
Bottles, artificial nipples and pacifiers	<ul style="list-style-type: none"> <li>✓ Counseling mothers about the use and risks of feeding bottles and pacifiers</li> </ul>	Everything that goes in the baby's mouth needs to be clean
Discharge	<ul style="list-style-type: none"> <li>✓ Referring mothers to community resources for breastfeeding support</li> <li>✓ Working with communities to improve breastfeeding support services</li> </ul>	Learning to breastfeed takes time