



The TEN+1 most important First STEPS for mother-child



Written policy on Breastfeeding in Maternity Units



51,1%

midwives-nurses report that there is written policy in the units they work, and 22.5% that there is a mechanism for evaluating its implementation

Train staff



58,4%

report they have received training on the "10 steps"

Inform

mothers about the benefits & management of breastfeeding

36,8%



of mothers report that they have been adequately informed during the prenatal period

Exclusive Breastfeeding

no other food or drink unless indicated



19,9%

breastfeed exclusively

61,8% state they were informed about supplementation

Help & Support from staff



86,1%

received practical assistance

55,8% on positioning and attaching for expressing milk

Skin to skin and early initiation of breastfeeding



73,6% held their baby within the first hour **26,9%** had skin to skin contact with the infant

Rooming-in

35,4%



Infant-mother remained together in the same room 24 hours/day

Implementation of the **International Code of Marketing**

of breastmilk substitutes



76,8% of mothers say they were NOT given leaflets or supplies

Breastfeeding **on demand** as often and for as long as needed



43,3% and **54,8%**

report they were given correct information about the frequency and duration of breastfeeding respectively

No pacifiers or artificial nipples



57,0% of newborns not given pacifier

Support after discharge **27,5%** of mothers state they were given relevant instructions



Each of the above steps is important in order to breastfeed our children successfully and exclusively for at least six months
We can do better...



The program "A BrEaST start in life: addressing social inequalities and supporting breastfeeding through inclusion activities", benefits with a grant from Iceland, Liechtenstein and Norway through the EEA Grants and the Republic of Cyprus.

