

At a Baby-Friendly Health Facility a Mother Can Expect ...

- To be told during pregnancy about the importance of breastfeeding and instructed on how to breastfeed.
 - That the staff will be knowledgeable and supportive of breastfeeding.
- That she and her baby will have skin-to-skin contact immediately following the birth.
 - To be breastfeeding within the first hour after birth.
- To be shown how to breastfeed her baby and how to keep up her milk supply, should she and her baby be separated.
 - To be shown or given information about how to express her milk.
- To be encouraged and helped to breastfeed without the use of any other foods or liquids for the baby.
 - That her baby will receive only mother's milk (Exclusively breastfed—no other foods or drinks).
- That her baby will remain with her at all times during their stay at the hospital, except for periods of no more than an hour for hospital procedures.
 - To be instructed to breastfeed whenever her baby wants to suckle or if her breasts feel full, and to wake her baby if she/he sleeps too long.
- That no artificial teats (rubber or silicon nipples of any type), dummies (pacifiers or soothers) or nipple shields are used, which can interfere with suckling.
 - To be told how to contact a breastfeeding mothers' support group or other source of support when she is discharged from hospital.
- To see a written breastfeeding policy, which reflects the WHO/UNICEF Ten Steps, posted at the hospital in a language she can understand.
 - That the health facility accepts no free or subsidized supplies of breast milk substitutes, bottles, teats or pacifiers from manufacturers or distributors of these products.
- That she and her baby will be supported in having a positive breastfeeding experience.



For more information on the Baby-Friendly Hospital Initiative, visit www.unicef.org.

Risks of Formula Feeding

Baby-Friendly health facilities are important for protecting breastfeeding, and that's vital for mothers and babies. Not breastfeeding puts babies at risk for serious health conditions that can last into adult life, and it can be detrimental to mothers' health as well.¹ The World Health Organization recommends babies receive nothing but breastmilk for the first six months of life.

For Infants and Children

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| 1 Increased risk of asthma | 9 Increased risk of chronic diseases |
| 2 Increased risk of allergy | 10 Increased risk of diabetes |
| 3 Reduced cognitive development | 11 Increased risk of cardiovascular disease |
| 4 Increased risk of acute respiratory disease | 12 Increased risk of obesity |
| 5 Increased dental malformation | 13 Increased risk of gastrointestinal infections |
| 6 Increased risk for infection from contaminated formula | 14 Increased risk of mortality |
| 7 Increased risk of nutrient deficiencies | 15 Increased risk of otitis media and ear infections |
| 8 Increased risk of childhood cancers | 16 Increased risk of side effects of environmental contaminants |

For Mothers

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| 1 Increased risk of breast cancer | 6 Increased stress and anxiety |
| 2 Increased risk of overweight | 7 Increased risk of rheumatoid arthritis |
| 3 Increased risk of ovarian cancer and endometrial cancer | 8 Increased risk of maternal diabetes |
| 4 Increased risk of osteoporosis | |
| 5 Reduced natural child spacing | |

1. "The Risks of Formula Feeding," INFAC Canada, 2006.

