

Baby Friendly Ten Steps

Conemaugh Memorial Medical Center is committed to providing the best care for our patients. As part of **The Keystone 10 Breastfeeding Quality Improvement Initiative**, Conemaugh Memorial staff encourages breastfeeding of newborns.

1. Conemaugh Memorial Medical Center has a written breastfeeding policy that is routinely communicated to all health care providers and staff.
2. Conemaugh Memorial staff is trained and educated regarding skills necessary to implement the organizational breastfeeding policy.
3. Every expectant mother is informed about the benefits and management of breastfeeding.
4. Conemaugh Memorial's Maternity staff helps new mom and baby initiate breastfeeding within an hour of birth.
5. A mother is taught how to breastfeed and how to maintain milk supply, even if separated from her infant.
6. Supplements and replacement feeds are not to be given to babies except when medically necessary.
7. Conemaugh Memorial practices healthy mother and baby rooming-in with many benefits to both mother and baby. Separation is discouraged except for necessary hospital procedures.
8. Mothers are taught to recognize the signs that baby is ready to eat. Babies should eat as often and as long as he or she needs.
9. Breastfeeding infants are not given artificial nipples or pacifiers.
10. Conemaugh Memorial Medical Center offers breastfeeding support after patient discharge from Maternity. Information about community services, support groups, and peer counselors is provided to all breastfeeding mothers.

For more information, contact
**Conemaugh Memorial Medical Center's
Lactation Services** at **814-534-3144**.



Conemaugh
Health System