

Our “Baby Friendly” Commitment to You!



In 1997, Kaiser Foundation Hospital became the first Hawaii hospital to achieve “Baby Friendly” designation from the World Health Organization and UNICEF.

As a “Baby Friendly” hospital, we believe that breastfeeding is the healthiest way to feed your baby. We also recognize the important benefits that breastfeeding provides for both you and your baby. We will:

- provide you with the information needed to make informed choices,
- support your right to make informed choices about infant feeding, and
- help you start and continue to successfully feed your baby.

How we will help you

1. Your nurses and lactation consultants are **specially trained** to help you breastfeed your baby.
2. **During your pregnancy**, you will be able to individually discuss breastfeeding with your clinicians who will answer any questions you may have. Free prenatal breastfeeding classes are also available to you.
3. **Soon after birth**, you will have the opportunity to **hold your new baby against your skin** for at least an hour. This promotes bonding, breastfeeding, and helps to maintain your baby’s temperature, heart rate, and other vital signs.
4. Your nurses will be there to **support and help** you with breastfeeding. They will be available to help you put your baby to breast correctly and to help with feeding while in the hospital.
5. You will be encouraged to feed your baby **whenever s/he seems to be hungry**.
6. Most babies need only **breast milk for the first six months**. If you believe that your baby needs other types of feedings, please let your nurse or baby doctor know.
7. We strive to keep your baby with you at all times while you are at the hospital. If a medical procedure is necessary, you may be allowed to accompany your baby.
8. You will be shown how to **express** your breast milk, and we’ll provide you with information to use at home.
9. **We recommend that you avoid** using bottles, artificial nipples and pacifiers while your baby is learning to breastfeed. This can change the way your baby sucks, and cause it to be more difficult for your baby to breastfeed successfully.
10. **Before you leave the hospital**, you will be given a list of **resources** that can provide extra breastfeeding help and support when you are at home. Our Lactation Clinic staff, located at the Mapunapuna Clinic, provides the support and information you need for long-term breastfeeding success.

This is your guide to our breastfeeding policy. Please ask a staff member if you wish to see the full policy. Kaiser Foundation Hospital purchases all formulas and supplies at fair market price and does not accept gifts, materials, or support in any form from manufacturers of formulas, bottles, nipples, or pacifiers.

This information was provided as a courtesy of and adapted in part from UNICEF at www.unicef.org.uk



Baby Friendly Breastfeeding Services

While you are in the hospital, our health care staff will help you and your baby learn to breastfeed. Kaiser Permanente Southern California hospitals are now some of the few designated as “Baby Friendly” by the World Health Organization and the United Nations Children’s Fund. It is a global program that recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding.

Kaiser Permanente promotes pregnancy and breastfeeding education. We believe good health begins with breastfeeding. You will receive clear

information to help you make a fully informed choice as to how to feed your baby. Our health care staff will support you when you have made that choice.

Ten Steps to Successful Breastfeeding

Here’s our promise to you. We will:

1. Have a written breastfeeding policy that is given to all health care staff.
2. Train all health care staff in the skills needed to implement this policy.
3. Inform you about the benefits and management of breastfeeding.
4. Help you start breastfeeding within one hour of giving birth.
5. Show you how to breastfeed and how to maintain your milk supply, even if you are separated from your baby.
6. Give newborn infants no food or drink other than breast milk, unless medically needed.
7. Practice “rooming in,” which allows you and your baby to stay together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to infants who are breastfed.
10. Refer you to breastfeeding support groups when you are discharged from the hospital or clinic.