



**We support, protect,  
and promote breastfeeding.**

Gibson Area Hospital believes in supporting families from the start with optimal nutrition for baby. That is why the staff of our Obstetrics Department follows practices to promote breastfeeding as early as possible and helps each mom continue breastfeeding while her baby grows and benefits from all that breast milk offers—including extra protection from allergies and obesity. If you have questions about breastfeeding or our policy to **support, protect, and promote breastfeeding** for moms and babies, please call 217.784.2510 for more information.

The Gibson Area Hospital OB Department implements a breastfeeding policy in accordance with the Public Act 097-0713 and the Illinois Evidence Based Breastfeeding Hospital Initiative, which includes ***The Ten Steps to Successful Breastfeeding***, as developed jointly by the WHO/UNICEF.

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breast-milk, unless medically indicated.
7. Practice rooming in - allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

