

Nevada Baby Steps to Breastfeeding Success:

An Overview



The Nevada Department of Health and Human Service's Breastfeeding Support Program is pleased to offer your maternity center a training opportunity to improve infant feeding practices and policies. Based on the feedback received from your hospital's survey response, we are providing a 4-hour, customized training focused on the following 5 steps:

1. Initiate breastfeeding within the first hour after birth.
2. Promote 24-hour rooming-in, encouraging the family to recognize and respond to infant's hunger cues.
3. Avoid giving infants fluids or solids other than breast milk unless medically necessary.
4. Avoid using a pacifier or artificial nipple with healthy term infants during the hospital stay.
5. Give mothers a list of resources to call for help with breastfeeding after discharge, and review this list with them.

These steps have been shown to significantly increase breastfeeding initiation and duration rates. In addition, incorporating these practices into your standard of care will assist you in meeting the Joint Commission's Perinatal Care Core Quality Measure of exclusive breastmilk feedings. Most importantly, incorporating these evidence-based, best practice steps will improve the standard quality of care your hospital provides to mothers and infants in your community.

If your hospital wishes to participate, we ask that Administration mandate attendance at this customized training for all post-partum and labor and delivery nurses. Although the training itself will be free of cost, we ask that nurses be paid for their attendance in accordance with their typical salary. The training will be offered at several times to ensure all required staff has the opportunity to attend. Physicians are strongly encouraged to attend as they are an integral part of the care continuum*.

For more information, or to schedule a meeting with a trainer to discuss this opportunity further, please contact Lindsey Dermid Gray, MPH, Statewide Breastfeeding Coordinator at (775) 624-4270 or lgray@health.nv.gov.

**Approved for 4 CEUs.*