

# Post-Pregnancy



## Breastfeeding

Family Birth Center nurses are trained in providing breastfeeding support. Breastfeeding support is available 24 hours a day to help answer your questions and assist you on your breastfeeding journey. A Lactation Consultant is available after you go home with any feeding questions or concerns.

Mon Health Medical Center and Mon Health Obstetrics & Gynecology promote, protect and support breastfeeding. We follow the American Academy of Pediatrics and the World Health Organization's guidelines, and we recommend exclusive breastfeeding.

Baby-Friendly USA, a World Health Organization-sponsored program, approved Mon Health Medical Center as West Virginia's first Baby-Friendly designated birth facility.

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1A. Comply fully with the International code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.

1B. Have a written infant feeding policy that is routinely communicated to staff and parents.

1C. Establish ongoing monitoring and data management systems.

2. Ensure that staff have sufficient knowledge, competence, and skills to support breastfeeding.

3. Discuss the importance and management of breastfeeding with pregnant women and their families.

4. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.

5. Support mothers to initiate and maintain breastfeeding and manage common difficulties.

6. Do not provide breastfed newborns any food or fluids other than breastmilk, unless medically indicated.

7. Enable mothers and their infants to remain together and to practice rooming-in 24 hours a day.

8. Support mothers to recognize and respond to their infants' cues for feeding.

9. Counsel mothers on the use and risks of feeding bottles, teats, and pacifiers.

10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care.