



REGIONAL REGULATIONS ON BREASTFEEDING FOR HOSPITALS

These Regulations have been established by professionals from the Health Service of Murcia and approved by representatives from different Health Centres of the Region, as well as by the General Directorate of Healthcare. The contents of these regulations commits to the 10 steps towards happy Natural Breastfeeding, the International Code of Marketing of Breast-Milk Substitutes and the strategy for Normal Delivery Healthcare.

These regulations are mandatory for all healthcare professionals when performing their professional duties within their job description

At this Hospital:

- 1 **Written Regulations on breastfeeding are available upon request.**
- 2 **We are committed to providing the healthcare professionals with the tools to implement the regulations.**
- 3 **Pregnant women and their families will be given information on the benefits and management of breastfeeding.**
- 4 **Skin-to-skin contact will be encouraged immediately and without interruption and we will help mothers to start breastfeeding as soon as possible after birth.**
- 5 **The professionals of this centre are committed to supporting mothers at the beginning and establishment of breastfeeding, by working with mothers and helping them overcome the most common difficulties.**
- 6 **We will give breastfed new-borns only breast milk, unless there are medical reasons.**
- 7 **Mothers and their babies will be able to stay together in the same room 24 hours a day.**
- 8 **Mothers will be provided with help and counselling so that they can recognise and respond to the feeding signals of their babies.**
- 9 **Mothers will be given information on the risks of using teats and dummies.**
- 10 **We will coordinate discharge with the healthcare centre so that parents and babies have proper access to continuous attention and healthcare.**