

**High 5 for Mom & Baby**  
best practices, best health outcome, best for mom & baby

1

## We've Expanded!

Since 2012, High 5 for Mom & Baby has been helping Kansas hospitals and birth centers adopt five evidence-based maternity care practices, along with supporting policies, proven to help ensure breastfeeding success. The new High 5 for Mom & Baby Premier program builds on that success, expanding to ten practices to ensure the best possible breastfeeding experience for mom and baby.

2

### Earning High 5 Recognition

High 5 for Mom & Baby  
facilities complete  
**5/10 PRACTICES**

High 5 for Mom & Baby  
Premier facilities complete  
**10/10 PRACTICES**

3

### Ten Hospital Practices for Successful Breastfeeding

- 1 Facility will have a written maternity care and infant feeding policy that addresses all ten High 5 for Mom & Baby practices supporting breastfeeding
- 2 Facility will maintain staff competency in lactation support
- 3 All pregnant women will receive information and instruction on breastfeeding
- 4 Assure immediate and sustained skin-to-skin contact between mother and baby after birth
- 5 All families will receive individualized infant feeding counseling
- 6 Give newborn infants no food or drink other than breastmilk unless medically indicated
- 7 Practice "rooming in" - allow mothers and infants to remain together 24 hours a day
- 8 Families will be encouraged to feed their babies when the baby exhibits feeding cues, regardless of feeding methods
- 9 Give no pacifiers or artificial nipples to breastfeeding infants
- 10 Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic, information, support groups, etc.) upon discharge

4

### Developing a partnership with your hospital

- How can we benefit our community hospital?
  - By teaching in harmony
  - By sending well prepared parents
- How can our hospital benefit us?
  - By teaching in harmony
  - By referrals, when needed
- What are the benefits of working in partnership?
  - Parents are more successful

5

### Developing a partnership with your hospital

- How can we benefit our community hospital
  - By teaching in harmony
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6

(3) All pregnant women will receive information and instruction on breastfeeding.

- Have families received culturally appropriate information and resources about breastfeeding prior to arrival ,through their Health Care Provider (PCH), local Health Department, WIC clinic or local community-based organization?
- Can the facility demonstrate that they are in collaboration with local breastfeeding coalitions or other groups in their community supporting breastfeeding families through meeting attendance or in-kind support?
- Facility supports their breastfeeding employees by providing reasonable break time and a private, safe, free from intrusion place to express milk close to their workplace. (NOT a bathroom).

7

### Developing a partnership with your hospital

- How can our hospital benefit us
  - By referrals, when needed
  - By teaching in harmony

8

## Developing a partnership with your hospital



- What are the benefits of working in partnership?
  - Parents are more successful

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9



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10



KEEP  
CALM  
and  
BREASTFEED  
ON

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11