



Onslow Memorial Hospital's Exclusive Breastfeeding Commitment

_____ Plans to exclusively breastfeed her infant.

At Onslow Memorial Hospital we support and promote exclusive Breastfeeding. We want you to have a successful breastfeeding experience. The American Academy of Pediatrics and the Academy of Breastfeeding Medicine say that routine supplements of artificial milk (formula) for breastfed infants should not be used. The Maternal-Child Unit at Onslow Memorial Hospital does not routinely supplement babies with formula unless medically indicated.

In order to give you and your baby the best chance of success at exclusive breastfeeding OMH has put the following guidelines in place for breastfeeding infants:

- **No Bottles or Pacifiers**
 - ***No artificial nipples, including pacifiers, should be given to your baby. **Formula should be given only in the event there is a medical reason for your baby to have it.**
 - If baby requires supplementation a doctor's order will be placed in the chart and the consent will be obtained from you.
- **Rooming in**
 - You and your baby will room-in to give both of you plenty of **skin-to-skin time** and to allow you to learn baby's feeding cues (ex. sucking on hands, making sucking noises, rapid eye movement, or rooting) and feed baby at the first sight of hunger.
 - **It is ok to skip a feeding within a 24 hour period.**
- **Breastfeeding assistance**

Nurses and lactation consultants will teach you how to identify a good latch and how to correct baby's positioning and latch if improvement is needed. You will also be taught how to recognize baby's early hunger cues and how to tell if baby is breastfeeding well.
- **Breast pumps**

If baby is unable to breastfeed or is separated from the mother due to medical problems, a breast pump will be provided within 6 hours of delivery.

***Pacifier use is recommended by the American Academy of Pediatrics, during minor procedure for the purposes of pain relief.

Thanks for your decision and commitment to give your infant the best start in life. We are here to help and support you with your breastfeeding needs.

_____ Patient signature

_____ Nurse signature