



提供產後哺乳相關協助及指導 (含非母乳哺育之產婦)

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INNOCENTI DECLARATION 2005

On Infant
and Young Child
Feeding



The Academy of Breastfeeding Medicine



La Leche League International



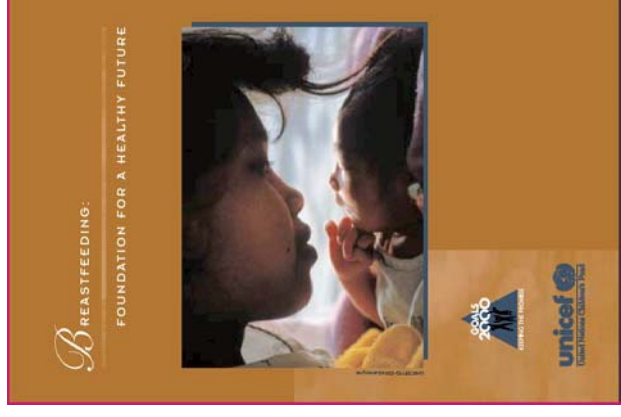
WELLSTART INTERNATIONAL



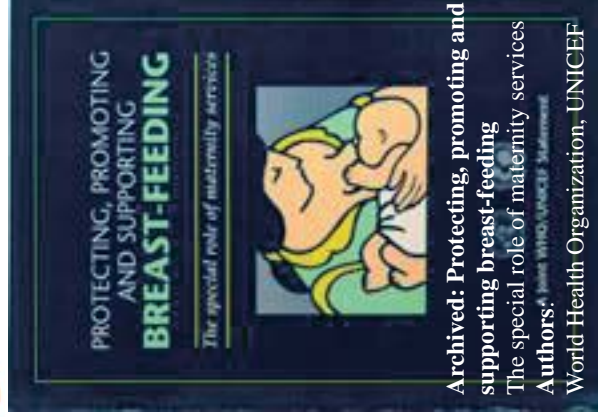
22 November 2005
Florence, Italy



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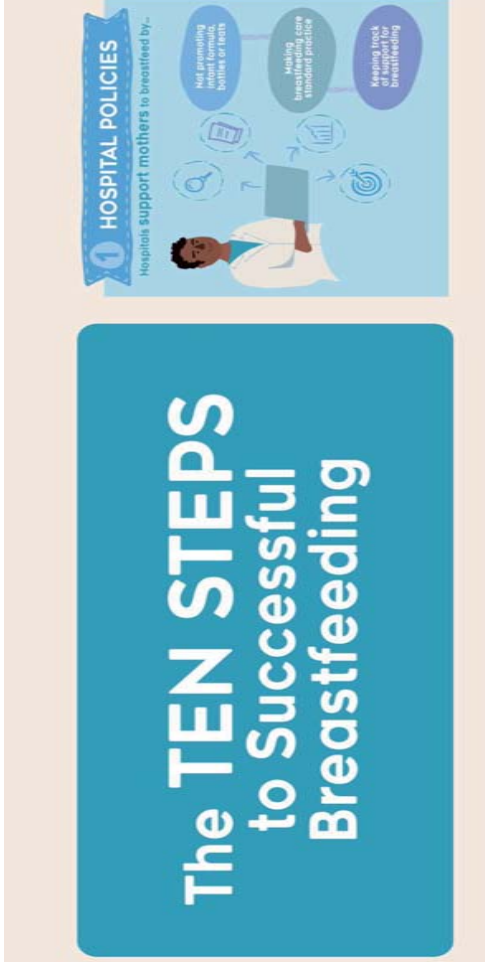
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Planning to breastfeed? It doesn't always go smoothly, especially in the beginning. Here's everything you need to know about breastfeeding your newborn baby.



The TEN STEPS to Successful Breastfeeding

1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...

- Not providing infant formula, bottles or teats
- Having breastfeeding care specialists on-site
- Keeping level of support for breastfeeding



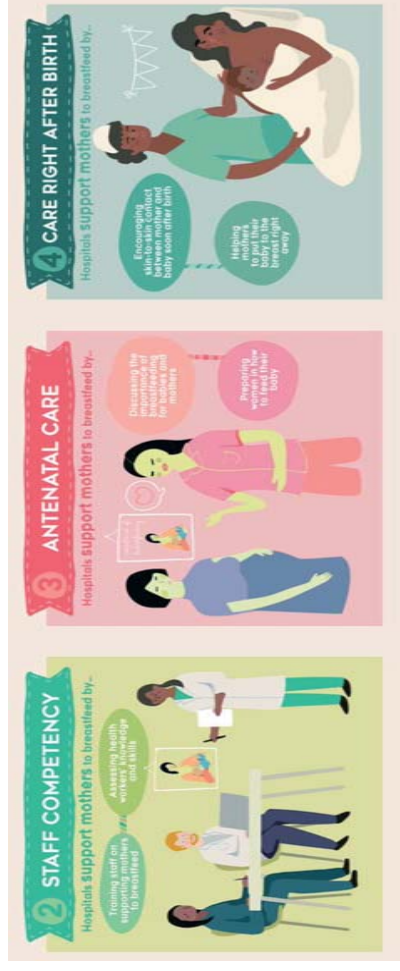
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項目

- 產後第一時間可久之事
- 產後階段性需執行(協助)項目



2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...

- Training staff on how to support mothers to breastfeed
- Assessing health, attitude and skills

3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...

- Discussing the importance of breastfeeding for babies with mothers
- Preparing women to get their breasts ready for their baby

4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...

- Encouraging skin-to-skin contact between mother and baby soon after birth
- Helping mothers to get their breasts ready to breastfeed



6



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6 SUPPORT MOTHERS WITH BREASTFEEDING
Hospitals support mothers to breastfeed by...

- Checking positioning, attachment and latching
- Giving practical breastfeeding support
- Helping mothers with common breastfeeding problems

6 SUPPLEMENTING
Hospitals support mothers to breastfeed by...

- Giving only breast milk unless there are medical reasons
- Breastfeeding closer human milk when supplement is needed
- Helping mothers feed to full satiety

7 ROOMING-IN
Hospitals support mothers to breastfeed by...

- Letting mothers and babies stay together day and night
- Making sure that mothers and babies can stay near their baby



9

8 RESPONSIVE FEEDING
Hospitals support mothers to breastfeed by...

- Helping mothers know when their baby is hungry
- Not limiting breastfeeding times

9 BOTTLES, TEATS AND PACIFIERS
Hospitals support mothers to breastfeed by...

- Counseling mothers on the feeding bottles, teats and pacifiers

10 DISCHARGE
Hospitals support mothers to breastfeed by...

- Referring mothers to resources for breastfeeding support
- Working with communities to continue to support breastfeeding support services



10

4 CARE RIGHT AFTER BIRTH
Hospitals support mothers to breastfeed by...

- Encouraging skin-to-skin contact for at least one hour after birth
- Helping mothers to put their baby to the breast right away

Figures 54 Metrics 3 Related 10



Cochrane Database of Systematic Reviews

Early skin-to-skin contact for mothers and their healthy newborn infants (Review)

Moore ER, Bergman N, Anderson GC, Medley N



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5 SUPPORT MOTHERS WITH BREASTFEEDING
Hospitals support mothers to breastfeed by...

- Checking positioning, attachment and latching
- Giving practical breastfeeding support
- Helping mothers with common breastfeeding problems

Figures 34 Metrics 3 Related 10



Cochrane Database of Systematic Reviews

Support for healthy breastfeeding mothers with healthy term babies (Review)

McFadden A, Gavine A, Renfrew MJ, Wade A, Buchanan P, Taylor JL, Vetch E, Rennie AM, Crowther SA, Neilson S, MacGillivray S



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6 SUPPLEMENTING
Hospitals support mothers to breastfeed by...

- Giving only breast milk unless there are medical reasons
- Prioritizing donor human milk when a supplement is needed
- Helping mothers who feed to do so safely

Cochrane Library
Cochrane Database of Systematic Reviews

Instruments for assessing readiness to commence suck feeds in preterm infants: effects on time to establish full oral feeding and duration of hospitalisation (review)



7 ROOMING-IN
Hospitals support mothers to breastfeed by...

- Letting mothers and babies stay together day and night
- Making sure that mothers of sick babies can stay near their baby



8 RESPONSIVE FEEDING
Hospitals support mothers to breastfeed by...

- Helping mothers know when their baby is hungry
- Not limiting breastfeeding times

9 BOTTLES, TEATS AND PACIFIERS
Hospitals support mothers to breastfeed by...

- Counseling mothers on the feeding bottles, teats, and pacifiers

10 DISCHARGE
Hospitals support mothers to breastfeed by...

- Referring mothers to resources for breastfeeding support
- Working with communities to breastfeeding support services

World Health Organization



References

1. Protecting, promoting and supporting breastfeeding in facilities providing maternity and newborn services. Geneva: World Health Organization; 2017 (<http://www.who.int/nutrition/publications/guidelines/breastfeeding-facilities-maternity-newborn/en/>).
2. International Code of Marketing of Breast-milk Substitutes. Geneva: World Health Organization; 1981 (<http://www.who.int/nutrition/publications/infantfeeding/9241541601/en>).
3. International Code of Marketing of Breast-milk Substitutes: frequently asked questions. Geneva: World Health Organization; 2017 update (<http://apps.who.int/iris/bitstream/10665/254911/1/WHO-NMH-NHD-17.1-eng.pdf>).





感謝聆聽

敬請指導