



**TEXAS 10 STEP
PROGRAM**

Breastfeeding. First step toward
a healthy life.

Breastfeeding Support Contract for Nurses

In an effort to encourage/support breastfeeding, I will:

.....
Foster an environment supportive of breastfeeding.

Pursue professional basic and continuing education regarding the benefits of breastfeeding, the anatomy and physiology of lactation, initiation of lactation, and management of common concerns and problems.

Promote non-separation of the mother-baby dyad during the postpartum period.

Work in collaboration with lactation specialists and/or other healthcare providers to optimize the breastfeeding experience for the mother and infant.

Assure breastfeeding initiation utilizing skin-to-skin during the immediate postpartum period, barring maternal or neonatal complication.

Ensure that supplementation is medically indicated and follows guidelines of newborn stomach capacity. I will inform a mother of the risks of formula-feeding prior to non-medically indicated requests for supplementation.

Provide information about breastfeeding resources to assist the mother in all discharge planning, making referrals as indicated.
.....

Nurse's Signature _____ Date _____

Maternity Director's Signature _____ Date _____