

The NICU Baby-friendly Hospital Promise



Mount Sinai's Women's and Infants' Program supports all families in their infant feeding choices. We proudly encourage our families to breastfeed by committing to the World Health Organization's NICU Baby Friendly "10 Steps to Successful Breastfeeding."

We promise our breastfeeding families that:

- Our team will follow a breastfeeding policy which will inform you, and support all of your feeding decisions.
- We will help you to hold your baby skin-to-skin as soon as **medically** possible after birth.
- We will help you to start breastfeeding **and/or pumping** as early as possible after birth.
- We will help you to initiate and maintain lactation, and establish early breastfeeding when your baby is medically stable and ready.
- You will be welcomed to stay with your baby at all times unless you require extra medical support.
- Your baby will be offered only breastmilk unless medically indicated otherwise.
- We will prepare you for continued breastfeeding and ensure access to support services/groups.